

Open Swim Hours

Monday

8:00am - 5:30pm

Tuesday & Thursday

8:00am - 11:00am; 12:00pm - 5:30pm; 6:30pm - 7:45pm

Water Aerobics: 11:00am - 12:00pm; 5:30pm - 6:30pm

Wednesday

8:00am - 7:45pm

Friday

8:00am - 11:00am; 12:00pm - 5:30pm

Water Aerobics: 11:00am - 12:00pm

Saturday

Reserved Lap Swim: 9:00am - 12:00pm

****Ask The Front Desk About Reservations***

Open Swim: 12:00pm - 3:45pm

**Monday, Wednesday & Friday at 4pm, Open Swim will be limited to 3 Lap Lanes
due to Youth Swimming Lessons*

Please ensure you vacate all locker rooms **BEFORE CLOSING**
failure to comply may result in suspension or termination of privileges

THE KINGSLEY ASSOCIATION'S JUNE 2022 PROGRAM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:30 am – 12:30 pm Silver Sneakers CARDIO/M.S.R.O.M. <i>Chris Howard</i>	10:00 -11:00 Gentle Yoga <i>Debra Gloster</i> <i>(Yoga studio)</i>	11:30 am – 12:30 pm Silver Sneakers CARDIO/M.S.R.O.M. <i>Chris Howard</i>	9:00 -10:00 Gentle Yoga <i>Debra Gloster</i> <i>(Yoga studio)</i>	11 – 12 Water Aerobics Donna Morosky <i>(pool)</i>	9:00 – 10:00 Yoga with Brittany Brittany Mobley <i>(Yoga Studio)</i>
1:00 – 2:00 Latin Dance Rhythmic Movement <i>Christina Josephson</i> <i>(gym)</i>	10:15 – 11:15 Movement Matters-Seniors <i>Gia Cacalano</i> <i>(Dance studio)</i>	11:00 – 1:00 Americare Blood Pressure Screening (lobby)	10:15 am – 11:15 am Movement -Matters- Seniors <i>Gia Cacalano</i> <i>(Dance studio)</i>	12:00 pm to 1:00 pm Rhythmic Movement Dance & Chair <i>Christina Josephson</i> <i>(Gym)</i>	11:30 – 12:30 Embodied Pilates <i>Gia Cacalano</i> <i>(Dance studio)</i>
4:00 – 6:00 Teen LEAD	11:30 – 1:30 N-Motion Line Dancing <i>Tonette Stewart</i> <i>(Dance studio)</i>	1:00 – 2:00 Latin Dance Rhythmic Movement <i>Christina Josephson</i> <i>(gym)</i>	11:00 – 2:00 Giant Eagle Food Truck (Side of KA)	3:00 – 7:00 Youth Places	
3:00 – 7:00 Youth Places	11:00 – 12:00 Water Aerobics <i>Barbara Dimeling</i> <i>(pool)</i>	3:00 – 7:00 Youth Places	11:30 – 1:30 N-Motion Line Dancing <i>Tonette Stewart</i> <i>(Dance studio)</i>	Community Open Gym 5:30 – 7:30	
5:30 – 6:30 Gentle Yoga Breath, Movement, Meditation & Relaxation <i>Shelley Sims</i> <i>(Yoga Studio)</i>	12:00 to 1:30 NA Meeting (Community room)	4:00 – 6:00 Teen LEAD	12:00 – 1:00 NA Meeting (Community room)		
	3:00 – 7:00 Youth Places	Community Open Gym 5:30 – 7:30	11:00 – 12:00 Water Aerobics <i>Barbara Dimeling</i> <i>(pool)</i>		
	5:30 – 6:30 Body Toning by Blaire (Fitness center)		3:00 – 7:00 Youth Places		
	5:30 – 6:30 Water Aerobic <i>Barbara Dimeling</i> <i>(pool)</i>		4:00 – 6:00 Teen LEAD		
			5:30 – 6:30 Body Toning by Blaire (Fitness center)		
			5:30 – 6:30 Water Aerobics <i>Barbara Dimeling</i>		