



Making a positive difference for youth and community is our crowning achievement.

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 – 5:30pm

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 SEPTEMBER 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>	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>
12:45 – 1:45 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>	12:45 – 1:45 Latin Dance Rhythmic Movement <i>Christina Josephson</i> <i>(gym)</i>	10:15 am – 11:15 am Movement -Matters- Seniors <i>Gia Cacalano</i> <i>(Dance studio)</i>	2:30 – 3:30 Teen Hour of Power <i>(Gym time)</i>	
2:30 – 3:30 Teen Hour of Power <i>(Gym time)</i>	11:30 – 1:30 N-Motion Line Dancing <i>Tonette Stewart</i> <i>(Dance studio)</i>	2:30 – 3:30 Teen Hour of Power <i>(Gym time)</i>	11:00 – 2:00 Giant Eagle Food Truck (Side of KA)	4:00 – 5:00 Youth Places	
4:00 – 5:00 Youth Places	11:00 – 12:00 Water Aerobics <i>Barbara Dimeling</i> <i>(pool)</i>	4:00 – 5:00 Youth Places	11:30 – 1:30 N-Motion Line Dancing <i>Tonette Stewart</i> <i>(Dance studio)</i>	5:30 -7:00 Taekwondo	
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 <i>(Community room)</i>	Community Open Gym 5:30 – 7:30	12:00 – 1:00 NA Meeting (Community room)	Community Open Gym 5:30 – 7:30	
	2:30 – 3:30 Teen Hour of Power <i>(Gym time)</i>		11:00 – 12:00 Water Aerobics <i>Barbara Dimeling</i> <i>(pool)</i>		
	4:00 – 5:00 Youth Places		2:30 – 3:30 Teen Hour of Power <i>(Gym time)</i>		
	5:30 – 6:30 Body Toning by Blaire <i>(Fitness center)</i>		4:00 – 5:00 Youth Places		
	5:30 – 7:00 Taekwondo <i>(Yoga Room)</i>		5:30 – 6:30 Body Toning by Blaire <i>(Fitness center)</i>		
	5:30 – 6:30 Water Aerobic <i>Barbara Dimeling</i>		5:30 – 6:30 Water Aerobics <i>Barbara Dimeling</i>		