

THE KINGSLEY ASSOCIATION'S MARCH 2023 PROGRAM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am – 10:00 am Pickle Ball/Open Gym	8:00 am – 10:00 am Pickle Ball/Open Gym	8:00 am – 10:00 am Pickle Ball/Open Gym	8:00 am – 10:00 am Pickle Ball/Open Gym	8:00 am – 10:00 am Pickle Ball/Open Gym	
11:30 am – 12:30 pm Silver Sneakers CARDIO/M.S.R.O.M. Chris Howard	10:00 -11:00 Gentle Yoga Debra Gloster (Yoga studio)	11:30 am – 12:30 pm Silver Sneakers CARDIO/M.S.R.O.M. Chris Howard	9:00 -10:00 Gentle Yoga Debra Gloster (Yoga studio)	12:00 pm to 1:00 pm Rhythmic Movement Dance & Chair HIIT Christina Josephson (Gym)	
12:45 – 1:45 Latin Dance Rhythmic Movement Christina Josephson (gym)	10:15 – 11:15 Movement Matters-Seniors Gia Cacalano (Dance studio)	12:45 – 1:45 Latin Dance Rhythmic Movement Christina Josephson (gym)	10:00 – 3:00 Senator Williams Mobile Office	5:30 -7:00 Taekwondo	
3:00 – 4:00 Youth Places	11:00 am – 12:30 pm Pickle Ball	3:00 – 4:00 Youth Places	10:15 am – 11:15 am Movement -Matters- Seniors Gia Cacalano (Dance studio)	Community Open Gym 5:30 – 7:30	
5:30 – 6:30 Gentle Yoga Breath, Movement, Meditation & Relaxation Shelley Sims (Yoga Studio)	11:00 12:00 Water Aerobics	Youth Open Gym 4:00 – 6:00	11:00 – 2:00 Giant Eagle Food Truck (Side of KA)		
	11:30 – 1:30 N-Motion Line Dancing Tonette Stewart (Dance studio)		11:00 am – 12:30 pm Pickle Ball		
	11:30 – 12:30 Embodied Pilates Gia Cacalano (Dance studio)		11:00 – 12:00 Water Aerobics		
	12:00 to 1:30 NA Meeting		11:30 – 1:30 N-Motion Line Dancing Tonette Stewart		
	3:00 – 4:00 Youth Places		12:00 – 1:00 NA Meeting		
	4:00 – 8:00 Adult Open Gym (Gym time)		3:00 – 4:00 Youth Places		
	5:30 – 6:30 Body Toning by Blaire		5:30 – 6:30 Body Toning by Blaire		

MARCH POOL HOURS

Monday

Open Swim: 8 am – 7:45 pm

Tuesday

Open Swim: 8 am – 11am; 12 pm – 7:45 pm

Water Aerobics: 11 am – 12 pm

Wednesday

Open Swim: 8 am – 7:45 pm

British Swim School: 4 pm – 7 pm

Thursday

Open Swim: 8 am – 11 am; 12 pm – 7:45 pm

Water Aerobics: 11 am – 12 pm

Friday

Open Swim: 8 am – 7:45 pm

British Swim School: 4 pm – 7 pm

Saturday

Reserve Lap Swim: 9 am – 10:30 am

Open Swim: 10:30 am – 3:45 pm

British Swim School: 8:30 am – 12 pm

****Inquire about Reserve Lap Swim at the Membership Desk****

****Only 3 Lap Lanes Available During British Swim School****