

THE KINGSLEY ASSOCIATION'S FEBRUARY 2023 PROGRAM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am – 10:00 am Pickle Ball	8:00 am – 10:00 am Pickle Ball	8:00 am – 10:00 am Pickle Ball	8:00 am – 10:00 am Pickle Ball	8:00 am – 10:00 am Pickle Ball	
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>	
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>	10:00 – 3:00 <i>Senator Williams Mobile Office</i>	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 <i>Gia Cacalano</i> <i>(Dance studio)</i>	Community Open Gym 5:30 – 7:30	
4:00 – 6:00 Youth Open Gym <i>(Gym time)</i>	11:30 – 1:30 N-Motion Line Dancing <i>Tonette Stewart</i> <i>(Dance studio)</i>	Youth Open Gym 4:00 – 6:00	11:00 – 2:00 Giant Eagle Food Truck (Side of KA)		
5:30 – 6:30 Gentle Yoga Breath, Movement, Meditation & Relaxation <i>Shelley Sims</i> <i>(Yoga Studio)</i>	11:30 – 12:30 Embodied Pilates <i>Gia Cacalano</i> <i>(Dance studio)</i>		11:00 am – 12:30 pm Pickle Ball		
	12:00 to 1:30 NA Meeting		11:00 – 12:00 Water Aerobics		
	3:00 – 4:00 Youth Places		11:30 – 1:30 N-Motion Line Dancing <i>Tonette Stewart</i>		
	4:00 – 6:00 Youth Open Gym <i>(Gym time)</i>		12:00 – 1:00 NA Meeting		
	5:30 – 6:30 Body Toning by Blaire		3:00 – 4:00 Youth Places		
			4:00 – 6:00 Youth Open Gym <i>(Gym time)</i>		
			5:30 – 6:30 Body Toning by Blaire		

FEBRUARY POOL HOURS

Monday	<u>Open Swim:</u> 8am - 7:45pm
Tuesday	<u>Open Swim:</u> 8am - 7:45pm <u>Water Aerobics:</u> 11am - 12pm
Wednesday	<u>Open Swim:</u> 8am - 7:45pm
Thursday	<u>Open Swim:</u> 8am - 7:45pm <u>Water Aerobics:</u> 11am - 12pm
Friday	<u>Open Swim:</u> 8am - 5:30pm
Saturday	<u>Reserve Lap Swim:</u> 9am - 10:30am <u>Open Swim:</u> 10:30am - 3:45pm

Inquire about Reserve Lap Swim at the Membership Desk