



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTH WELL-BEING & FITNESS

FAMILY & KIDS SCHEDULE!!!

EFFECTIVE JANUARY 9, 2012

Monday - **7:15pm-7:45pm** - Youth/Beginner Tae Kwon Do (**STUDIO 1**)

Tuesday - **5:00pm-5:25pm** Drumline (**STUDIO 2**)

Tuesday - **6:15pm-6:45pm** Youth/Beginner Tae Kwon Do (**STUDIO 1**)

Wednesday - **6:00pm-6:30pm** Young Yoga (**MEETING ROOM/WEC**)

Wednesday - **7:30pm-8:00pm** Kid's Fitness (**MEETING ROOM/WEC**)

Thursday - **6:00pm - 6:30pm** Kick Fit (**MEETING ROOM/WEC**)

*WEC = Wellness Education Center

SWIMMING - FAMILY & KIDS SCHEDULE!!!

****Ages 7 & up may swim unattended****

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Family Swim (3 Lanes) 10am-10:50am 2:00pm-4:20pm 5:30pm-6:20pm Open Swim 7:30pm-9:45pm	Family Swim (Deep End) 9am-9:50am Family Swim/ Swim Lessons 10am-11:50am Family Swim 2:00pm-4:20pm Family Swim (Deep End) 7:30pm-8:20pm Open Swim 8:30pm-9:45pm	Family Swim (3 Lanes) 10am-10:50am 2:00pm-4:20pm 5:30pm-6:20pm Family Swim (Deep End) 6:30pm-7:20pm Open Swim 7:30pm-9:45pm	Family Swim (Deep End) 9am-9:50am Family Swim/ Swim Lessons 10am-11:50am Family Swim 2:00pm-4:20pm Family Swim (Deep End) 7:30pm-8:20pm Open Swim 8:30pm-9:45pm	Family Swim (3 Lanes) 10am-10:50am 1:00pm-4:20pm Family Swim (Deep End) 5:30pm-6:50pm Open Swim 7:30pm-9:45pm	Family Swim (3 Lanes) Slide Open 12:30p-6:45p	Family Swim (3 Lanes) Slide Open 11:00p-5:20p

Facility Hours Monday – Friday 5:30am-10:00pm Saturday - 7:00am-7:00pm Sunday – 11am-7:00pm	Sunshine Room & Kid's Zone Sunshine Room: Ages 6weeks-4yrs Kid's Zone: Ages 5 - 12 Kid's Zone: Must be potty trained	Sunshine Room & Kid's Zone M-Fri - 8:45 am-12pm/4:00pm-8:30pm M- Thurs- 4:00pm-8:30pm Friday - 4:00pm-8:00pm Saturday – 8:45a-2:00p Sunday – 2:00pm-5:00pm
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