



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KIDS' CLUB

GROUP FITNESS FAMILY AND KIDS SCHEDULE!!!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:00pm-5:25pm Susan Drumline Studio A		5:30pm-6:00pm Keri Bring It On! *WEC		12:00pm-12:45p Irina Family Fitness Studio B	
	6:15pm-6:45pm Terry/Brad Tae Kwon Do (B) Studio B	6:00p-6:30pm Irina Young Yoga* WEC	7:00pm - 8:00pm FAMILY JAM! Studio B			
7:15pm-8:15pm Terry/Brad Tae Kwon Do Studio B	6:45pm-7:45pm Terry/Brad Tae Kwon Do Studio B	7:30pm-8:00pm Irina KickFit Studio B				

****AGE 7 & Up to swim unattended**

SWIMMING FAMILY AND KIDS SCHEDULE!!!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
10:00a-11:50a Family Swim (3 Lanes)	10:00a-11:50a Family Swim/ Lessons (3 Lanes)	10:00a-11:50a Family Swim (3 Lanes)	10:00a-11:50a Family Swim/ Lessons (3 Lanes)	10:00a-11:50a Family Swim (3 Lanes)	12:30p-6:45p	11:00a-5:20p Family Swim (3 Lanes) Slide Open 2p-5p	
2:00p-4:20p Family Swim (3 Lanes)	2:00p-4:20p Family Swim (3 Lanes)	2:00p-4:20p Family Swim (3 Lanes)	2:00p-4:20p Family Swim (3 Lanes)	1:00p-4:20p Family Swim (3 Lanes)	Slide Open 2p-5p		
5:30p-6:20p Family Swim (3 Lanes)		5:30p-6:20p Family Swim (3 Lanes)		5:30p-6:00p Family Swim (3 Lanes)	SLIDE is available for ages 5 & older. Lifejackets may be worn. Inflatable toys are allowed at lifeguard's discretion. SAUNA open to ages 16 & UP. Swimsuits must be worn in the water at ALL times. Only swim diapers allowed in pool		
7:30p-9:45p Family Swim (3 Lanes)	8:30p-9:45p Family Swim (3 Lanes)	7:30p-9:45p Family Swim (3 Lanes)	8:30p-9:45p Family Swim (3 Lanes)	7:00p-9:45p Family Swim (3 Lanes)			
WEC = Wellness Ed Center WEC is our on site meeting room area B= Beginner		Facility Hours M-F 5:30a-10pm Sat. 7am-7pm Sun. 11am-7pm		Sunshine Room & Kid Zone Children's Programs for Facility Members Sunshine Room: ages 6 wks - 4 yrs Kid Zone: AGES 5 TO 12 Kid Zone: must be potty trained		Sunshine Room & Kid Zone HOURS M-F 8:45am-12pm (Sunshine Only) M-Th 4:30p-8:30p (Sunshine & KZone) Fri - 4:30p-8:00p (Sunshine & KZone) Sat. 9:00a-2:00p Sun. 2:00p-5:00p	
Parents must remain in the building							