

March 2007

National Nutrition Month

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

 = ADULT ED. Shaded areas Open to Community Participants. Pre-registration required.

AKL = Alley Kat Lanes, Kingston

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 DANCE FITNESS 6:00-6:30pm or 6:30-7:00pm	2	3 AQUA FITNESS 10:45am-1:00pm (see back for assigned swim times)
4 OPEN MUSIC Drum Circle 1:00-1:45pm Sing-A-Long 1:45-2:30pm BOWLING 6:30-8:00pm AKL	5 FITNESS 4:45-5:15 or 5:15-6pm	6	7 AQUA FITNESS 5:00-7:15pm (see back for assigned swim times)	8 TEAM NEV BASKETBALL vs. CARDINAL CUSHING Leave NEV at 6:00pm	9 Union Grove DROP-IN DANCE 7:00pm-10:00pm \$6.00	10 AQUA FITNESS 10:45am-1:00pm (see back for assigned swim times)
11 "LET'S GET FIT HOUSE SAMPLER" 12:00pm-1:00pm OPEN ART STUDIO Level 1: 1:00pm-1:45pm Level 2: 2:00pm-3:00pm BOWLING 6:30-8pm AKL	12 FITNESS 4:45-5:15 or 5:15-6pm BINGO 7:00-8:00pm SWC \$2.00	13	14 AQUA FITNESS 5:00-7:15pm (see back for assigned swim times)	15 DANCE FITNESS 6:00-6:30pm or 6:30-7:00pm	16 OPEN MUSIC "Irish Fest" 6:30pm-8:00pm	17 St. Patrick's Day AQUA FITNESS 10:45am-1:00pm (see back for assigned swim times)
18 BOWLING 6:30-8:00pm AKL	19 FITNESS 4:45-5:15 or 5:15-6pm	20 Adult Ed SPRING CRAFTS Level 1: 4:30pm-5:15pm Level 2: 5:30pm-6:15pm	21 FIRST DAY OF  HALF DAY EARLY SWIM 2:00-4:15pm (see back for assigned swim times)	22 DANCE FITNESS 6:00-6:30pm or 6:30-7:00pm	23	24 AQUA FITNESS 10:45am-1:00pm (see back for assigned swim times)
25 OPEN ART STUDIO Level 1: 1:00pm-1:45pm Level 2: 2:00pm-3:00pm BOWLING 6:30-8:00pm AKL	26 FITNESS 4:45-5:15 or 5:15-6pm BINGO 7:00-8:00pm SWC \$2.00	27 Adult Ed RELAXATION WORKSHOP 6:00-7:00pm	28 AQUA FITNESS 5:00-7:15pm (see back for assigned swim times)	29 DANCE FITNESS 6:00-6:30pm or 6:30-7:00pm	30	31 AQUA FITNESS 10:45am-1:00pm (see back for assigned swim times)