

APRIL 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>AKL = Alley Kat Lanes, Kingston</p> <p>* = Community Fitness (Mon. 6:15-7pm)</p>		<p>For more information: Ginger x204, Colleen x205, Susannah x202, Kim x208, Melanie x207, Sean x212</p>	<p>1</p> <p>ADULT ED Art Around the World Level 2 4:30-5:30pm</p> <p>AQUA FITNESS 5:00-6:00pm (see back for assigned swim times)</p>	<p>2</p> <p>AQUA FITNESS 6:30-7:30pm (see back for assigned swim times)</p> <p>FITNESS L1 6:00-6:30pm or L2 6:30-7:00pm</p>	<p>3</p>	<p>4</p> <p>SWC 3rd Annual HEALTH FAIR 10am-2pm See flyer for details</p>
<p>5 Last night of Bowling 6:30-8pm AKL</p> <p>OPEN ART STUDIO Level 1: 1:00pm-1:45pm Level 2: 2:00pm-3:00pm \$2.00 Materials Fee</p>	<p>6* Bingo 7-8pm \$2.00/card</p> <p>FITNESS (See back for team times)</p>	<p>7</p> <p>ADULT ED Birdmasks from the Amazon Rainforest Level 1 4:30-5:15pm Level 2 5:30-6:15pm</p>	<p>8 PASSOVER Begins at sundown</p> <p>ADULT ED Art Around the World Level 2 4:30-5:30pm</p> <p>AQUA FITNESS 5:00-6:00pm (see back for assigned swim times)</p>	<p>9</p> <p>AQUA FITNESS 6:30-7:30pm (see back for assigned swim times)</p> <p>FITNESS L1 6:00-6:30pm or L2 6:30-7:00pm</p>	<p>10 Union Grove Drop-In Dance 7-10pm \$6.00</p>	<p>11</p> <p>Fitness check-in with Kim</p> <p>AQUA FITNESS 10:30-11:30am (see back for assigned swim times)</p>
<p>12</p> <p>Happy Easter!</p>	<p>13* ADULT ED Where in the World are We? 7:00-8:00pm</p> <p>FITNESS (See back for team times)</p>	<p>14</p> <p>ADULT ED International Dance 6:30-7:30pm</p>	<p>15 ADULT ED Art Around the World Level 1 4:30-5:30pm</p> <p>Early Swim 2:00-3:00pm (see back for assigned swim times)</p>	<p>16</p> <p>AQUA FITNESS 6:30-7:30pm (see back for assigned swim times)</p> <p>FITNESS L1 6:00-6:30pm or L2 6:30-7:00pm</p>	<p>17</p>	<p>18</p> <p>Open Music 1:00-2:30pm</p> <p>AQUA FITNESS 10:30-11:30am (see back for assigned swim times)</p>
<p>19</p> <p>OPEN ART STUDIO Level 1: 1:00pm-1:45pm Level 2: 2:00pm-3:00pm \$2.00 Materials Fee</p>	<p>20 PATRIOT'S DAY</p> <p>MARATHON FITNESS 5-6pm</p>	<p>21</p> <p>ADULT ED International Dance 6:30-7:30pm</p>	<p>22 ADULT ED Art Around the World Level 1 4:30-5:30pm</p> <p>AQUA FITNESS 5:00-6:00pm (see back for assigned swim times)</p>	<p>23</p> <p>AQUA FITNESS 6:30-7:30pm (see back for assigned swim times)</p> <p>FITNESS L1 6:00-6:30pm or L2 6:30-7:00pm</p>	<p>24</p>	<p>25</p> <p>Fitness check-in with Kim</p> <p>AQUA FITNESS 10:30-11:30am (see back for assigned swim times)</p>
<p>26</p> <p>Open Music 1:00-2:30pm</p> <p>Bowling Banquet 5-7pm Ernie's Restaurant Plymouth</p>	<p>27* ADULT ED Where in the World are We? 7:00-8:00pm</p> <p>FITNESS (see back for team times)</p>	<p>28</p> <p>ADULT ED International Dance 6:30-7:30pm</p>	<p>29</p> <p>AQUA FITNESS 5:00-6:00pm (see back for assigned swim times)</p>	<p>30</p> <p>AQUA FITNESS 6:30-7:30pm (see back for assigned swim times)</p> <p>FITNESS L1 6:00-6:30pm or L2 6:30-7:00pm</p>		

Adult Ed Classes: Shaded gray areas are open to Community participants. All events take place at the Sollar Wellness Center unless otherwise noted.

****Top Ten Stations are available during all hours the SWC is open.**