

MARCH 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Bowling 6:30-8pm AKL <div style="background-color: #ADD8E6; padding: 5px; text-align: center;"> SWC Open 12:30-3:30pm </div>	2 <div style="background-color: #FF0000; color: white; padding: 5px;"> FITNESS (see back for team times) </div>	3	4 <div style="background-color: #000080; color: white; padding: 5px;"> AQUA FITNESS 5:00-6:00pm (see back for assigned swim times) </div>	5 <div style="background-color: #000080; color: white; padding: 5px;"> AQUA FITNESS 6:30-7:30pm (see back for assigned swim times) </div> <div style="background-color: #FF0000; color: white; padding: 5px;"> FITNESS L1 6:00-6:30pm or L2 6:30-7:00pm </div>	6	7 <div style="background-color: #FFFF00; padding: 5px;"> Fitness check-in with Kim </div> <div style="background-color: #000080; color: white; padding: 5px;"> AQUA FITNESS 10:30-11:30am (see back for assigned swim times) </div>
8 Bowling 6:30-8pm AKL <div style="background-color: #FF8C00; padding: 5px;"> OPEN ART STUDIO Level 1: 1:00pm-1:45pm Level 2: 2:00pm-3:00pm \$2.00 Materials Fee </div>	9 <div style="text-align: center;"> Bingo 7-8pm \$2.00/card </div> <div style="background-color: #FF0000; color: white; padding: 5px;"> FITNESS (See back for team times) </div>	10	11 <div style="background-color: #000080; color: white; padding: 5px;"> AQUA FITNESS 5:00-6:00pm (see back for assigned swim times) </div>	12 <div style="background-color: #000080; color: white; padding: 5px;"> AQUA FITNESS 6:30-7:30pm (see back for assigned swim times) </div> <div style="background-color: #FF0000; color: white; padding: 5px;"> FITNESS L1 6:00-6:30pm or L2 6:30-7:00pm </div>	13 <div style="text-align: center;"> <div style="border: 1px solid black; padding: 5px; display: inline-block;"> Irish Festival 6:30-8:00pm RAH </div> </div>	14 <div style="background-color: #000080; color: white; padding: 5px;"> AQUA FITNESS 10:30-11:30am (see back for assigned swim times) </div>
15 Bowling 6:30-8pm AKL <div style="border: 1px solid black; padding: 5px; text-align: center;"> Home Movies 1:00-2:30pm \$1.00 </div>	16 <div style="background-color: #FF0000; color: white; padding: 5px;"> FITNESS (See back for team times) </div>	17 Happy St. Patrick's Day <div style="background-color: #D3D3D3; padding: 5px; text-align: center;"> <small>ADULT ED</small> International Cooking 6:30-7:30pm </div>	18 <div style="background-color: #000080; color: white; padding: 5px;"> Early Swim 2:00-3:00pm (see back for assigned swim times) </div>	19 <div style="background-color: #000080; color: white; padding: 5px;"> AQUA FITNESS 6:30-7:30pm (see back for assigned swim times) </div> <div style="background-color: #FF0000; color: white; padding: 5px;"> FITNESS L1 6:00-6:30pm or L2 6:30-7:00pm </div>	20 <div style="text-align: center;"> </div>	21 <div style="background-color: #FFFF00; padding: 5px;"> Fitness check-in with Kim </div> <div style="background-color: #000080; color: white; padding: 5px;"> AQUA FITNESS 10:30-11:30am (see back for assigned swim times) </div>
22 Bowling 6:30-8pm AKL <div style="background-color: #FF8C00; padding: 5px;"> OPEN ART STUDIO Level 1: 1:00pm-1:45pm Level 2: 2:00pm-3:00pm \$2.00 Materials Fee </div>	23 <div style="text-align: center;"> Games Night 7-8pm \$1.00 </div> <div style="background-color: #FF0000; color: white; padding: 5px;"> FITNESS (see back for team times) </div>	24 <div style="background-color: #D3D3D3; padding: 5px; text-align: center;"> <small>ADULT ED</small> International Cooking 6:30-7:30pm </div>	25 <div style="background-color: #000080; color: white; padding: 5px;"> AQUA FITNESS 5:00-6:00pm (see back for assigned swim times) </div>	26 <div style="background-color: #000080; color: white; padding: 5px;"> AQUA FITNESS 6:30-7:30pm (see back for assigned swim times) </div> <div style="background-color: #FF0000; color: white; padding: 5px;"> FITNESS L1 6:00-6:30pm or L2 6:30-7:00pm </div>	27 <div style="text-align: center;"> Union Grove Drop-In Dance 7-10pm \$6.00 </div>	28 <div style="background-color: #000080; color: white; padding: 5px;"> AQUA FITNESS 10:30-11:30am (see back for assigned swim times) </div>
29 Bowling 6:30-8pm AKL <div style="border: 1px solid black; padding: 5px; text-align: center;"> Open Music 1:00-2:30pm </div>	30 <div style="background-color: #D3D3D3; padding: 5px; text-align: center;"> <small>ADULT ED</small> Where in the World are We? 7:00-8:00pm </div> <div style="background-color: #FF0000; color: white; padding: 5px;"> FITNESS (see back for team times) </div>	31 <div style="background-color: #D3D3D3; padding: 5px; text-align: center;"> <small>ADULT ED</small> International Cooking 6:30-7:30pm </div>	RAH = Ray Assembly Hall AKL = Alley Kat Lanes, Kingston			<div style="text-align: center;"> For more information: Ginger x204, Colleen x205, Susannah x202, Kim x208, Melanie x207, Sean x212 </div>

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.**