

Frank Bailey Senior Center / April 2024



Senior Services

Spring Session I

Registration Dates
 Opens: March 18, 2024
 Closes: April 5, 2024

Class Schedule 5Week Session
 Classes Start: April 1, 2024
 Classes End: May 3, 2024

Website:
www.claytonseniors.com
 Registration Online at:
www.myactivecenter.com
 Ph: 678.479.5505

Easter Celebration
 April 10, 2024
 10:00-11:30AM

White Party
 Senior Dance
 Tickets \$15

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 AM (Vivo) In Person 10:30 AM Therapeutic Art	2 9:00 AM Crochet Class 11:00 AM Senior Support Group	3 12:00 PM Sculpting w/clay	4 1:00 PM Jewelry Making	5 9:30 AM Bingo 10:00 AM (Vivo) In Person 10:00 AM Taking Care of Your Feet 10:30 AM Therapeutic Art
8 10:00 AM (Vivo) In Person 10:30 AM Therapeutic Art	9 9:00 AM Crochet Class 11:00 AM Senior Support Group 1:00 PM Book Club	10 9:30 AM Walmart Shopping Trip 10:00-11:30 AM Easter Celebration 12:00 PM Sculpting w/clay	11 1:00 PM Jewelry Making	12 9:30 AM Bingo 11:00 AM Garden Club 10:00 AM (Vivo) In Person 10:30 AM Therapeutic Art 6-10 PM White Party –Senior Dance
15 10:00 AM (Vivo) In Person 10:30 AM Therapeutic Art	16 9:00 AM Crochet Class 11:00 AM Senior Support Group	17 12:00 PM Sculpting w/clay 12:30 PM Beautification Club	18 10:30 AM Nutrition Education 1:00 PM Jewelry Making	19 9:30 AM Bingo 10:00 AM (Vivo) In Person 10:30 AM Therapeutic Art 4:30-9:30 PM Henry Player Theater
22 10:00 AM (Vivo) In Person 10:30 AM Therapeutic Art	23 9:00 AM Crochet Class 11:00 AM Senior Support Group	24 9:30 AM Kroger Shopping Trip 9:30 AM Dickey Farms 12:00 PM Sculpting w/clay	25 1:00 PM Jewelry Making 2:00 PM Billiards (8) Ball Tournament	26 9:30 AM Bingo 10:00 AM (Vivo) In Person 10:30 AM Therapeutic Art
29 10:00 AM (Vivo) In Person 10:30 AM Therapeutic Art	30 9:00 AM Crochet Class 11:00 AM Senior Support Group			



Frank Bailey Fitness Center ***** April 2024

Fitness is Closed Daily from (12:00-1:00 PM)
 Registration Online go to: Myactivecenter.com
 Website: www.claytonseniors.com

Exercise is an important part of nearly everyone's everyday health

Regular physical activity can help improve **cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression,** and reduce the risk of developing health Conditions.

Benefits of exercising

1. It improves your strength. This helps you stay independent.
2. It improves your balance. This prevents falls.
3. It gives you more energy.
4. It prevents or delays
5. diseases, such as heart disease, diabetes, or osteoporosis.
6. It can improve your mood and fight off depression.

How often should I exercise?

Seniors should get at least 2.5 hours of moderate aerobic exercise every week. That averages out to about 30 minutes on most days of the week.

Seniors should also do strength training at least 2 days a week. You can work on balance and flexibility every day

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:00AM Chair Stretch 10:00AM Advanced Tai-Chi 11:00-11:45 AM Zumba Fitness 11:00AM Weight Training 1:00-1:30PM ABS 1:30PM Beginning Tai-Chi 1:30 PM 2 - Mile Walk 2:00 PM Yoga for Mobility</p>	<p>2</p> <p>9:30AM Breakfast w/Mr. Ford 10:00AM Balance Walking 11:00AM Personal Fitness 1:00PM Low Impact Tai-Chi 1:00PM Drill Team</p>	<p>3</p> <p>9:00AM Floor Stretch 10:00AM Advanced Tai-Chi 11:00-11:45AM Zumba Fitness 11:00AM Weight Training 1:30PM Beginning Tai-Chi 1:30 PM 2-Mile Walk 2:30-3:30PM Martha's Intermediate Line Dance</p>	<p>4</p> <p>9:30AM Breakfast w/Mr. Ford 11:00AM Personal Fitness 1:00-1:30PM Land Arthritis 1:00PM Low Impact Tai-Chi 1:00PM Drill Team</p>	<p>5</p> <p>11:00-11:45AM Advanced In-Motion 10:00-11:00AM Martha's Line Dance Class 11:15AM-12:15PM Martha's Beginner's Line Dance Class</p>
<p>8</p> <p>9:00AM Chair Stretch 10:00AM Advanced Tai-Chi 11:00-11:45 AM Zumba Fitness 11:00AM Weight Training 1:00-1:30PM ABS 1:30PM Beginning Tai-Chi 1:30 PM 2 - Mile Walk 2:00 PM Yoga for Mobility</p>	<p>9</p> <p>9:30AM Breakfast w/Mr. Ford 10:00AM Balance Walking 11:00AM Personal Fitness 1:00PM Low Impact Tai-Chi 1:00PM Drill Team</p>	<p>10</p> <p>9:00AM Floor Stretch 10:00AM Advanced Tai-Chi 11:00-11:45AM Zumba Fitness 11:00AM Weight Training 1:30PM Beginning Tai-Chi 1:30 PM 2-Mile Walk 2:30-3:30PM Martha's Intermediate Line Dance</p>	<p>11</p> <p>9:30AM Breakfast w/Mr. Ford 11:00AM Personal Fitness 1:00-1:30PM Land Arthritis 1:00PM Low Impact Tai-Chi 1:00PM Drill Team</p>	<p>12</p> <p>11:00-11:45AM Advanced In-Motion 10:00-11:00AM Martha's Line Dance Class 11:15AM-12:15PM Martha's Beginner's Line Dance Class</p>
<p>15</p> <p>9:00AM Chair Stretch 10:00AM Advanced Tai-Chi 11:00-11:45 AM Zumba Fitness 11:00AM Weight Training 1:00-1:30PM ABS 1:30PM Beginning Tai-Chi 1:30 PM 2 - Mile Walk 2:00PM Yoga for Mobility</p>	<p>16</p> <p>9:30AM Breakfast w/Mr. Ford 10:00AM Balance Walking 11:00AM Personal Fitness 1:00PM Low Impact Tai-Chi 1:00PM Drill Team</p>	<p>17</p> <p>9:00AM Floor Stretch 10:00AM Advanced Tai-Chi 11:00-11:45AM Zumba Fitness 11:00AM Weight Training 1:30PM Beginning Tai-Chi 1:30 PM 2-Mile Walk 2:30-3:30PM Martha's Intermediate Line Dance</p>	<p>18</p> <p>9:30AM Breakfast w/Mr. Ford 10:00AM Advanced Tai-Chi 11:00AM Personal Fitness 1:00-1:30PM Land Arthritis 1:00PM Low Impact Tai-Chi 1:00PM Drill Team</p>	<p>19</p> <p>11:00-11:45AM Advanced In-Motion 10:00-11:00AM Martha's Line Dance Class 11:30AM-12:30PM Martha's Beginner's Line Dance Class</p>
<p>22</p> <p>9:00AM Chair Stretch 10:00AM Advanced Tai-Chi 11:00-11:45 AM Zumba Fitness 11:00AM Weight Training 1:00-1:30PM ABS 1:30PM Beginning Tai-Chi 1:30 PM 2 - Mile Walk 2:00PM Yoga for Mobility</p>	<p>23</p> <p>9:30AM Breakfast w/Mr. Ford 10:00AM Balance Walking 11:00AM Personal Fitness 1:00PM Low Impact Tai-Chi 1:00PM Drill Team</p>	<p>24</p> <p>9:00AM Floor Stretch 10:00AM Advanced Tai-Chi 11:00-11:45AM Zumba Fitness 11:00AM Weight Training 1:30PM Beginning Tai-Chi 1:30 PM 2-Mile Walk 2:30-3:30PM Martha's Intermediate Line Dance</p>	<p>25</p> <p>9:30AM Breakfast w/Mr. Ford 11:00AM Personal Fitness 1:00-1:30PM Land Arthritis 1:00PM Low Impact Tai-Chi 1:00PM Drill Team</p>	<p>26</p> <p>11:00-11:45AM Advanced In-Motion 10:00-11:00AM Martha's Line Dance Class 11:30AM-12:30PM Martha's Beginner's Line Dance Class</p>
<p>29</p> <p>9:00AM Chair Stretch 10:00AM Advanced Tai-Chi 11:00-11:45 AM Zumba Fitness 11:00AM Weight Training 1:00-1:30PM ABS 1:30PM Beginning Tai-Chi 1:30 PM 2 - Mile Walk 2:00PM Yoga for Mobility</p>	<p>30</p> <p>9:30AM Breakfast w/Mr. Ford 10:00AM Balance Walking 11:00AM Personal Fitness 1:00PM Low Impact Tai-Chi 1:00PM Drill Team</p>			



Frank Bailey Senior Center/Fitness Center—April, 2024

Trips

4/19 Henry Players Theater
4:30 PM—9:30PM

4/24 Dickey Farms
9:30AM - 4:00PM

Walmart Shopping—4/10
9:30AM—11:00AM

Kroger Shopping— 4/24
9:30AM—11:00AM



Events

4/5 Taking Care of Your Feet 10:00 AM—11:00 AM

4/10 Easter Celebration 10:00 AM-11:30 AM

4/12 White Party-Senior Dance 10:00 AM—11:30 AM

For more information please call:
678-479-5505

*Cotton Clothing is prohibited in the Pool!!
Aqua shoes are mandatory!!!!
Shower is mandatory before entering the pool!*

**PLEASE OBSERVE POOL CLOSINGS
BETWEEN CLASSES.**

THANK YOU

Pool and Fitness Orientations Thursdays at
1:30pm and 4:30pm -By Appointment Only
(Scheduled in registration)

Fitness:

Abs	FREE
Balance Walking	FREE
Breakfast w/Mr. Ford	FREE
Bike Club	ON HOLD
Drill Team	FREE
Land Arthritis	FREE
Personal Fitness	\$10/5wks
Advanced Tai Chi	FREE
Beginner's Tai Chi	FREE
Low Impact Tai Chi	FREE
Weight Training	\$10/5wks
Chair Stretch	FREE
Floor Stretch	FREE

Crafts:

Crafts Made Simple	ON HOLD
Crocheting	FREE
Therapeutic Art	FREE
Jewelry Making	\$35/5wks
Sculpting w/Clay	\$89/5wks

Technology:

Cell Phone &
Computer Assistance

Aquatics:

Aqua Volleyball	FREE
Beginner or Intermediate Swim	\$10/5wks
Water Fitness I	\$30/5wks
Water Fitness II	\$30/5wks
Water Fitness III	\$30/5wks
Water Walking	FREE
Men's Boot Camp	FREE

Health & Fitness:

Martha's Intermediate Line Dance #1	\$15/5wks
Martha's Intermediate Line Dance #2	\$15/5wks
Martha's Beginner's Line Dance	\$15/5wks
Advanced In-Motion	FREE
Marching Drill Team	FREE
Yoga For Mobility	\$20/5wks



Frank Bailey Aquatics

April 2024

FRANK BAILEY AQUATICS 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:00-10:00am Water Fitness I 10:15-11:15am Water Fitness I I 12:30-1:30 Lap Swim Only 2:00-3:00pm Water Fitness III 3:30--4:30pm Open Swim</p>	<p>2</p> <p>8:30-9:45 Lap Swim 10:00-11:30 Open Swim 11:30-12:15 Intermediate Swim 1:00-1:45 Beginning Swim 2:45-3:30 Water Walking 3:30-4:30 Open Swim</p>	<p>3</p> <p>8:30-9:30 Lap Swim 10:00-11:30 Open Swim 12:30-2:30 Locker Room Cleaning 3:00-4:30 Open Swim</p>	<p>4</p> <p>9:00-10:00 Water Fitness I 10:15-11:15 Water Fitness II 11:30-12:15 Intermediate Swim 1:00-1:45 Beginning Swim 2:00-3:00 Water Fitness III 3:30-4:30 Open Swim 5:00-6:30 Open Swim</p>	<p>5</p> <p>8:30-10:00 Open Swim 11:00-12:00 Aqua Volleyball 1:00-1:45 Men's Boot Camp 1:45-2:45 Lap Swim 3:00-4:30 Open Swim</p>
<p>8</p> <p>9:00-10:00am Water Fitness I 10:15-11:15am Water Fitness I I 12:30-1:30 Lap Swim Only 2:00-3:00pm Water Fitness III 3:30--4:30pm Open Swim</p>	<p>9</p> <p>8:30-9:45 Lap Swim 10:00-11:30 Open Swim 11:30-12:15 Intermediate Swim 1:00-1:45 Beginning Swim 2:45-3:30 Water Walking 3:30-4:30 Open Swim</p>	<p>10</p> <p>8:30-10:00 Open Swim 11:00-12:00 Lap Swim 12:30-2:30 Locker Room Cleaning 3:00-4:30 Open Swim</p>	<p>11</p> <p>9:00-10:00 Water Fitness I 10:15-11:15 Water Fitness II 11:30-12:15 Intermediate Swim 1:00-1:45 Beginning Swim 2:00-3:00 Water Fitness III 3:30-4:30 Open Swim 5:00-6:30 Open Swim</p>	<p>12</p> <p>8:30-10:00 Open Swim 11:00-12:00 Aqua Volleyball 1:00-1:45 Men's Boot Camp 1:45-2:45 Lap Swim 3:00-4:30 Open Swim</p>
<p>15</p> <p>9:00-10:00am Water Fitness I 10:15-11:15am Water Fitness I I 12:30-1:30 Lap Swim Only 2:00-3:00pm Water Fitness III 3:30--4:30pm Open Swim</p>	<p>16</p> <p>8:30-9:45 Lap Swim 10:00-11:30 Open Swim 11:30-12:15 Intermediate Swim 1:00-1:45 Beginning Swim 2:45-3:30 Water Walking 3:30-4:30 Open Swim</p>	<p>17</p> <p>8:30-10:00 Open Swim 11:00-12:00 Lap Swim 12:30-2:30 Locker Room Cleaning 3:00-4:30 Open Swim</p>	<p>18</p> <p>9:00-10:00 Water Fitness I 10:15-11:15 Water Fitness II 11:30-12:15 Intermediate Swim 1:00-1:45 Beginning Swim 2:00-3:00 Water Fitness III 3:30-4:30 Open Swim 5:00-6:30 Open Swim</p>	<p>19</p> <p>8:30-10:00 Open Swim 11:00-12:00 Aqua Volleyball 1:00-1:45 Men's Boot Camp 1:45-2:45 Lap Swim 3:00-4:30 Open Swim</p>
<p>22</p> <p>9:00-10:00am Water Fitness I 10:15-11:15am Water Fitness I I 12:30-1:30 Lap Swim Only 2:00-3:00pm Water Fitness III 3:30--4:30pm Open Swim</p>	<p>23</p> <p>8:30-9:30 Lap Swim 10:00-11:30 Open Swim 11:30-12:15 Intermediate Swim 1:00-1:45 Beginning Swim 2:45-3:30 Water Walking 3:30-4:30 Open Swim</p>	<p>24</p> <p>8:30-10:00 Open Swim 11:00-12:00 Lap Swim 12:30-2:30 Locker Room Cleaning 3:00-4:30 Open Swim</p>	<p>25</p> <p>9:00-10:00 Water Fitness I 10:15-11:15 Water Fitness II 11:30-12:15 Intermediate Swim 1:00-1:45 Beginning Swim 2:00-3:00 Water Fitness III 3:30-4:30 Open Swim 5:00-6:30 Open Swim</p>	<p>26</p> <p>8:30-10:00 Open Swim 11:00-12:00 Aqua Volleyball 1:00-1:45 Men's Boot Camp 1:45-2:45 Lap Swim 3:00-4:30 Open Swim</p>
<p>29</p> <p>9:00-10:00am Water Fitness I 10:15-11:15am Water Fitness I I 12:30-1:30 Lap Swim Only 2:00-3:00pm Water Fitness III 3:30--4:30pm Open Swim</p>	<p>30</p> <p>8:30-9:45 Lap Swim 10:00-11:30 Open Swim 11:30-12:15 Intermediate Swim 1:00-1:45 Beginning Swim 2:45-3:30 Water Walking 3:30-4:30 Open Swim</p>			

Classes

Water Fitness I
Mon & Thurs 9 am—10:00am

Water Fitness II
Mon & Thurs 10:15 am—11:15am

Water Fitness III
Mon & Thurs—2:00-3:00pm

Water Walking
Tues. 2:45-3:30pm

Beginning Swim 1
Tues/Thurs 1pm-1:45pm

Intermediate Swim
Tues/Thurs 11:30am - 12:15pm

Aqua Volleyball
Friday's 11:00am - 12:00pm

Men's Boot Camp
Friday-1:00-1:45pm

Pool/Pool Deck
Tuesday
2:00pm-3:00pm

Only TWO people during Lap Swim Times

April Pool Schedule is Subject to change. Please Call to Confirm Times.

April 2024 Activity Calendar

Event Highlights

Aloha Party:

Thursday, April 25th
1pm - 3pm

Trips:
Museum of Illusion

Monday, April 1st
Departure time:
10:00am

Trips:
Harriet Tubman
Museum

Thursday, April 18th
Departure time:
10:00am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Trips: Museum of Illusion Departure time: 10:00am	2	3 Advisory Board meeting 11 am	4	5 Spring Walk with Kaiser 9:00am to 10:00am
8 Cell Phone 101 2:00pm - 2:30pm	9 Vivo classes 10:00am - 11:00am	10 Shopping Trip	11 Vivo classes 10:00am - 11:00am Scrabble tournament 9:00am-12:00pm	12 Spring Walk with Kaiser 9:00am to 10:00am
15 iPad/Tablet 3:00pm - 4:30pm Healthy Aging 10am - 11am	16 Vivo classes 10:00am - 11:00am	17 Influenza Pneumonia 11am - 12pm	18 Vivo classes 10:00am - 11:00am 3D Thursday and Birthday Social 2:00pm - 3:0pm -Red Hatters 2 pm Trip: Harriet Tubman Museum	19 Spring Walk with Kaiser 9:00am to 10:00am Living Single Social 2:30pm - 3:3pm
22 Cell Phone 101 2:00pm - 2:30pm	23 Vivo classes 10:00am - 11:00am	24 Shopping Trip Bingo Advisory Board Register at the Kios Pay to the Advisory Board from 2pm to 4pm	25 Vivo classes 10:00am - 11:00am Holistic Health 12:00pm-1:00pm Aloha Pool Party 1:00pm-3:00pm	26 Spring Walk with Kaiser 9:00am to 10:00am Friday Movie at 11:00am
29	30 Vivo classes 10:00am - 11:00am **Registration Starts!			



- Pool Calendar April, 2024 -

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

J. Charley Griswell
Senior Center
2300 Highway 138, S.E.
Jonesboro, Ga. 30236
(770) 477-3499

www.claytonseniors.com
Center Hours
Monday
8:00am-8:00pm
Tuesday-Friday
8:00am-5:00pm

Open Swim times are
subject to change.
PLEASE call ahead to
check times.
Pool temperature
remain between 83
and 86 degrees in
compliance with the
Arthritis Foundation.

Fitness Room Hours
Open daily from
8:00am —4:30pm
&
Mondays
until 7:30pm.

1

8:10-8:45 open pool
2:30-4:30 open pool
5:00-6:30 open pool

2

8:10-9:00 open pool
2:30-3:00 swim lap
3:00-4:00 open pool

3

8:10-8:45 open pool

4

8:10-9:00 open pool
1:10-2:30 open pool
2:30-3:00 swim lap
3:00-4:00 open pool

5

8:10-8:45 open pool
1:10-2:30 open pool
3:00-4:00 open pool

8

8:10-8:45 open pool
2:30-4:30 open pool
5:00-6:30 open pool

9

8:10-9:00 open pool
2:30-3:00 swim lap
3:00-4:00 open pool

10

8:10-8:45 open pool

11

8:10-9:00 open pool
1:10-2:30 open pool
2:30-3:00 swim lap
3:00-4:00 open pool

12

8:10-8:45 open pool
1:10-2:30 open pool
3:00-4:00 open pool

15

8:10-8:45 open pool
2:30-4:30 open pool
5:00-6:30 open pool

16

8:10-9:00 open pool
2:30-3:00 swim lap
3:00-4:00 open pool

17

8:10-8:45 open pool

18

8:10-9:00 open pool
1:10-2:30 open pool
2:30-3:00 swim lap
3:00-4:00 open pool

19

8:10-8:45 open pool
1:10-2:30 open pool
3:00-4:00 open pool

22

8:10-8:45 open pool
2:30-4:30 open pool
5:00-6:30 open pool

23

8:10-9:00 open pool
2:30-3:00 swim lap
3:00-4:00 open pool

24

8:10-8:45 open pool

25

8:10-9:00 open pool
1:10-2:30 open pool
2:30-3:00 swim lap
3:00-4:00 open pool

26

8:10-8:45 open pool
1:10-2:30 open pool
3:00-4:00 open pool

29

8:10-8:45 open pool
2:30-4:30 open pool
5:00-6:30 open pool

30

8:10-9:00 open pool
2:30-3:00 swim lap
3:00-4:00 open pool



Open Swim times are subject to change. PLEASE call ahead to check times.



SONNA SINGLETON GREGORY SENIOR CENTER

APRIL 2024



Monday	Tuesday	Wednesday	Thursday	Friday
1 Caregivers Support Group 1:00 - 2:00	2 Advisory Board Bingo 4:00-6:00	3 Nutrition Education 10:30-11:00 Medicare - AOKI 1:00 - 2:00	4 The Singletons: A Singles Socials Club 2:00-4:00	5 Sonna's Talent Showcase 1:00 -3:00 Spring I Registration Ends
8 Gardening @ SSG 10:00-11:00 Fitness Center Basics 1:00-2:00	9 Trilith Film Studio Tour 10:00-3:00	10 PositiviTEA Talk 10:00-11:00	11 Coffee For The Soul 9:00-9:30 Page Turners Book Club 10:30-11:30 Red Hatters 12:30-2:00	12 Sonna's Autism Walk 10:00-11:00
15	16 Advisory Board Bingo 4:00-6:00	17 Nutrition Education 10:30-11:00 Tech Tips: Typewriters to Tablets 1:00-2:00	18 Protect Your Skin 10:00-11:00 Man Cave Men's Focus Group 2:30-4:30	19
22	23 Gibbs Garden 9:00-5:00	24 Arab American: Henna Tattooing 10:30-11:30	25 FOCUS Table Talk 2:00-3:00	26 Mocktails & Masterpieces 2:00-3:00
29	30 High Museum 10:00-4:00	31 Spring II Registration Starts		

Urban Line Dance Showcase/Seminar
Saturday, April 20, 2024
10:00 AM—1:00 PM

Ready, Set Go! Walk/Run Club
Meets every Tuesday, Wednesday, & Thursday
Village Park, Ellenwood, GA
8:30 & 3:30

Flash Mob Photography Club
Meets every Wednesday
2:30—4:00

InSpirit Dance Club
Meets every Thursday
11:30-12:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30a.m.—9:30a.m. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	2 8:30a.m.—9:30a.m. (4:50p.m.—5:30p.m.)	3 (1:00p.m.—1:30p.m.) (1:30p.m.—2:00p.m.) 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	4 8:30a.m.—9:30a.m. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	5 8:30a.m.—9:30a.m. (1:00p.m.—1:30p.m.) (1:30p.m.—2:00p.m.) 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)
8 8:30a.m.—9:30a.m. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	9 8:30a.m.—9:30a.m. (4:50p.m.—5:30p.m.)	10 (1:00p.m.—1:30p.m.) (1:30p.m.—2:00p.m.) 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	11 8:30a.m.—9:30a.m. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	12 8:30a.m.—9:30a.m. (1:00p.m.—1:30p.m.) (1:30p.m.—2:00p.m.) 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)
15 8:30a.m.—9:30a.m. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	16 8:30a.m.—9:30a.m. (4:50p.m.—5:30p.m.)	17 (1:00p.m.—1:30p.m.) (1:30p.m.—2:00p.m.) 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	18 8:30a.m.—9:30a.m. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	19 8:30a.m.—9:30a.m. (1:00p.m.—1:30p.m.) (1:30p.m.—2:00p.m.) 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)
22 8:30a.m.—9:30a.m. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	23 8:30a.m.—9:30a.m. (4:50p.m.—5:30p.m.)	24 (1:00p.m.—1:30p.m.) (1:30p.m.—2:00p.m.) 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	25 8:30a.m.—9:30a.m. 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)	26 8:30a.m.—9:30a.m. (1:00p.m.—1:30p.m.) (1:30p.m.—2:00p.m.) 2:30p.m.—3:30p.m. (4:00p.m.—4:40p.m.)
29 8:30a.m.—9:30a.m. (2:30p.m.—3:30p.m.) (4:00p.m.—4:40p.m.)	30 8:30a.m.—9:30a.m. (4:50p.m.—5:30p.m.)	(LAP SWIM TIMES IN PARENTHESIS)		

**Sonna Singleton Gregory
Senior Center**
April 2024
Open Pool & Lap Swim
Schedule
3215 Anvil Block Road
Ellenwood, GA 30294
770.347.0340

**Open Pool and Lap Swim
Subject to Change**

**Fitness and Pool
Orientation
Required Prior to
Swimming**

Aquatic Shoes Required

**Showering is mandatory
before entering the pool.**

**See management if you
have questions or
concerns.**

