



# CRYSTAL CONSERVATORIES AT ST. BARNABAS

September 1 to December 31, 2018

**Please note:**

Sept. 2 - Closed  
 Sept. 3 – Closed for Labor Day  
 Sept. 4 – Closes at 5:00 p.m.  
 Sept. 6 – Opens at 11:00 a.m.  
 Sept. 21 –Open 9:00 a.m.–1:00 p.m. only  
 Oct. 16 - Closes at 5:00 p.m.  
 Oct. 18 – Opens at 11:00 a.m.

Nov. 9 – Opens 11:30 a.m.  
 Nov. 22 –Closed-Thanksgiving  
 Nov. 23- Open 10:30 a.m.-3:00 p.m.  
 Dec. 13 –Closed-Cocktail Party

**No Class/Different Schedule**

Sept. 4 – No class  
 Sept. 21 –No class  
 Oct. 16 – No class  
 Oct. 24 – No class  
 Nov. 9 – No class, No Lap Swim, Leisure Swim  
 11:30-1:00 & 3:00-4:30 p.m.  
 Nov. 23 - No class

Starting December 16<sup>th</sup> until the beginning of January, the pool will be closed as it will be repainted.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>9 a.m. – 12 p.m.</b> Leisure Time	<b>10:30 – 12 p.m.</b> Leisure Time	<b>10:30a.m. – 12:00p.m.</b> Leisure Time	<b>9:30 a.m. – 1 p.m.</b> Leisure Time	<b>9 – 10 a.m.</b> Lap Swim		
<b>12 – 1 p.m.</b> Lap Swim	<b><u>12 – 1:30 p.m.</u></b> <i>Closed</i>	<b>10:30 – 11:30a.m.</b> Moving with the Tide	<b>1 – 3 p.m.</b> Therapy	<b>10 a.m. – 1 p.m.</b> Leisure Time	<b>12 – 3 p.m.</b> Leisure Time	<b>12 – 3 p.m.</b> Leisure Time
<b>1 – 3 p.m.</b> Therapy	<b>1 – 3 p.m.</b> Therapy	<b>12 – 1 p.m.</b> Lap Swim	<b>3 – 6:30 p.m.</b> Leisure Time	<b>10:30 – 11:30a.m.</b> Wave Makers		
<b>3 – 4 p.m.</b> Wave Makers	<b>3 – 6:30 p.m.</b> Leisure Time	<b>1 – 3 p.m.</b> Therapy	<b>5:30 – 6:30 p.m.</b> Splash & Tone	<b>1 – 3 p.m.</b> Therapy		
<b>3 – 4 p.m.</b> Leisure Time	<b>5:30 – 6:30 p.m.</b> Splash & Tone	<b>3 – 4 p.m.</b> Leisure Time		<b>3 – 4:30 p.m.</b> Leisure Time		

**Please see descriptions on the back**

***Due to the nature of our business, dates & times are subject to change.***

## **Descriptions**

- **Therapy:** Individual time scheduled through the Rehabilitation Department, with a Doctor's prescription, for therapy. You **May NOT** come unless you have an appointment already scheduled with a therapist. When Therapy is occurring please wait in the lobby outside of the pool area. Leisure Time is occasionally available instead of Therapy, please call 724-625-3807 or 724-687-9141 to inquire.
- **Lap Swim:** Specific time for lap swimmers to use the water without interruptions to their laps
- **Leisure Time:** Unstructured time, the water is available for relaxing and doing your own routine.

Classes: *(you may use the pool during class time, but not participate in the class, please be respectful of class space)*

- **Splash & Tone:** Low impact H2O Aerobics with our highest level of intensity designed to improve fitness, mobility, agility, & strength. Swimming ability not required.
- **Moving with the Tide:** Gentle flexibility and low impact exercise designed for anyone with arthritis symptoms associated with joint disorders or weakened individuals looking for an introductory class. Swimming ability not required.
- **Wave Makers:** Low impact H2O Aerobics with a higher level of intensity for adults designed to improve fitness, mobility, agility, & strength. Swimming ability not required.

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Or

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