



CRYSTAL CONSERVATORIES AT ST. BARNABAS

January 1 to March 31, 2019

Please note:

Jan. 1 – Closed for New Year’s Day

Feb. 7 – Pool closes at 3:00 p.m.

No Class/Different Schedule

Jan. 1-No class

Feb. 7 – No class

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

Emily Tichansky, Director of Resident Relations at TWSB:
724-625-3807 or ETichansky@StBarnabasHealthSystem.com

Or

Joanie Gorman, Director of Recreation at TWSB and CCSB:
724-687-9141 or JGorman@StBarnabasHealthSystem.com