



# CRYSTAL CONSERVATORIES AT ST. BARNABAS

April 7 to June 30, 2019

**PLEASE NOTE WEEK TO WEEK TIMES HAVE CHANGED ON TUESDAYS & THURSDAYS**

**Please note:**

April 19: Pool open 10:30 a.m. –2:30 p.m.-Good Friday  
 April 21: Pool closed – Easter  
 April 30: Pool closes at 6:00 p.m.  
 May 12: Pool closed – Mother’s Day  
 June 3: Pool Opens at 10:00 a.m.  
 June 25: Pool Closed 12:30-2:00 p.m.  
 April 25: Pool closes at 5:00 p.m.  
 May 2: Pool closes at 5:00 p.m.  
 May 27: Pool Closed – Memorial Day  
 June 13: Pool Closed 12:30-2:00 p.m.

**No Class/Different Schedule**

April 19: No Lap Swim- No Class  
 April 25: No class  
 April 30: No class  
 May 2: No class  
 May 3: No class  
 June 3: No class

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

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

Or

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