



Horton Street Seniors' Centre

At the Boys & Girls Club of London
184 Horton Street, London, ON N6B 1K8
Phone: 519-434-9114 www.bgclondon.ca



"Providing recreational, social & educational opportunities to individuals 55 years of age plus"

Fees & Hours of Operation

- Monday to Friday : 7:00 a.m. - 3:00 p.m. Saturday & Sunday: Closed
- Membership : Starts at \$70 per year-Based on Income
- Parking Pass : \$30.00 per year (January - December) or \$3 per month
- Visitors Fee : \$3 per day - Activity programs & afternoon recreation swim only, includes parking
- Activity Pass : \$35 per year Excludes all pool programs & fitness room. Allows access to one program per week. Must be the same program each week.

New Members Tour
Thursdays
at 10:00 a.m.

Transportation

Return trips are available from your home to the Centre for a cost of \$4.00 each way. Prepaid trips can be purchased for a cost of : 8 trips for \$30.00 or 16 trips for \$60.00. Call 519-434-9119 to book. All bookings are made on a "first come, first serve" basis. Schedule available at the front desk.

Fitness Room



Members who are new to the Fitness Room must meet with the Coordinator for an orientation before using the equipment. Please sign up in the fitness room for a group orientation or call 519-434-9115 Ext.258. Orientation Times: Tuesdays & Thursdays 12:30-2:30 p.m.

Forward Bound

This supportive leisure program provides assistance to older adults who find it difficult to attend programs and activities at the Centre on their own. Participants enjoy a variety of social, recreational and light physical activities. This program runs every Monday, September through June from 12:00-2:00pm. If you are interested in volunteering or joining Forward Bound please contact 519-434-9115 Ext. 237

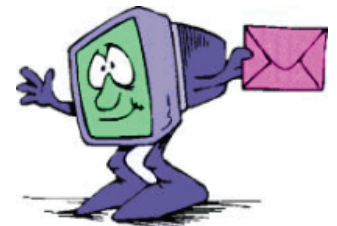
Be a Volunteer



Volunteers are the backbone of our organization! There are many volunteer opportunities available at the Centre: Front Desk, Security, Special Events, Supper Club, Cafe and much more! For more information please contact 519-434-9115 Ext.237

Stay Informed

Join the H.S.S.C. email list. Receive information about trips, special events, programs and more. Talk to a senior staff for more details.



Absolutely no refunds on any memberships, programs, trips or events.

Gift Certificates are available. We accept VISA, MasterCard, Debit, Cash and Cheques




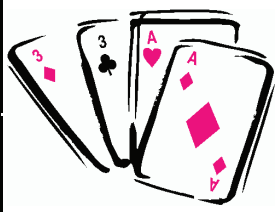


REGISTRATION OFFICE HOURS

8:00 a.m. - 4:00 p.m.



DAILY PROGRAM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Fitness Walk 8:00-8:45 a.m. Gym	Morning Fitness Walk 8:00-8:45a.m. Gym	Morning Fitness Walk 8:00-8:45a.m. Gym	Morning Fitness Walk 8:00-8:45a.m. Gym	Morning Fitness Walk 8:00-8:45a.m. Gym
Woodcarving 9:30-11:00a.m. Craft Room	Tai Chi 9:00-9:45a.m. Gym	Meditation 9:00-9:45a.m. 3rd Floor	Ping Pong 9:00-10:00a.m. Games Room	Ceramics 9:00-11:00a.m. *♠ Craft Room
Line Dancing 9:30-10:30a.m. *Gym	Ping Pong 9:00-10:00a.m. Games Room	Young at Heart Singers 9:30-11:00a.m. Music Room	Beginner Tai Chi 9:00-9:45 a.m. Free Mason's Room	Energize with Exercise 9:15-10:00a.m. Gym
Cribbage 10:30-12:00pm Judo Room	Morning Darts 10:00-12:00p.m. *Music Room	Carpetball 9:45-11:00a.m. Gym	Healthy Hands 9:00-11:00a.m. *♠ 3rd Floor	Square Dancing 10:00-11:00a.m. *Music Room
Exercise with Tracy 10:45-11:30a.m. Gym	Badminton 10:30-12:00p.m. Gym	Soft Volleyball 11:00-12:00p.m. Gym	Group Exercise 9:45-10:30a.m. Gym	<p>*Additional Fee Involved ♠ Program Implemented by Community Living London</p>   <p>All daily programs run from September-June, but will not be running during the following weeks:</p> <ul style="list-style-type: none"> • December 26-30, 2011 • January 2-6, 2012 • March 12-16, 2012 <p>Line Dancing, Bridge, Tai Chi, Bingo & Euchre operate year round.</p>
Gentle/Seated Exercise 12:15-12:45p.m. Gym	Nintendo Wii 11:00-12:00p.m. Free Mason's Room	Ladies Group 11:30-2:30 p.m. Music Room	Joyful Renditions 9:30-11:00a.m. Music Room	
Bridge 12:45-3:00p.m. *Music Room	Crafts 12:00-2:00p.m. Craft Room	BINGO 1:00-3:00 P.M. *Judo Room	Stitch, Knit and Chat 10:00-1:00p.m. Craft Room	
Shuffleboard 1:00-2:00p.m. *Gym	Afternoon Darts 12:00-2:00p.m. *Judo Room	Stretch & Strength 1:00-1:30 p.m. Gym	Badminton 10:30-12:00p.m. Gym	
	Bid Euchre 12:30-2:30p.m. *Music Room		Progressive Euchre 12:30-2:45p.m. *Music Room	
	Seated Yoga 12:30—1:30p.m. *Free Mason's Room		Afternoon Darts 12:30-2:30p.m. *Judo Room	
			5-pin bowling at *Bowl-a-rama 138 Thompson Rd 1:00 p.m.	

The Horton Street Seniors' Centre will be closed on the following dates:

- Monday September 5, 2011 - Labour Day
- Monday October 10, 2011 - Thanksgiving
- Monday December 26, 2011 - Christmas Day
- Tuesday December 27, 2011 - Boxing Day
- Monday February 20, 2012 - Family Day
- Friday April 6, 2012 - Good Friday
- Monday May 21, 2012 - Victoria Day

For more information on upcoming programs please see our monthly newsletter, "The Tattler"



Horton Street Seniors' Centre Aquatic Schedules

Regular Hours

September 12, 2011 to June 22, 2012



United Way
of London & Middlesex

Gentle Fit and morning Aqua-fit classes are for Members Only

Visitors 21 years and over are welcome to any aqua-fit classes and open swims after 12:00 p.m.

*Visitors will be charged an additional \$2.00 for Aqua-fit classes

AQUAPLEX POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-9:00 a.m.	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim
9:00-9:30 a.m.	Aqua-fit	Aqua-fit	Aqua-fit	Aqua-fit	Aqua-fit
9:30-10:30 a.m.	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim
10:30-11:00 a.m.	Aqua-fit	Aqua-fit	Aqua-fit	Aqua-fit	Aqua-fit
11:00-12:00 p.m.	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim
12:00-12:30p.m.	Aqua-fit	Open Swim 12:00-1:00 p.m.	Aqua-fit	Open Swim 12:00-1:00p.m.	Open Swim 12:00 - 1:00 p.m.
12:30-1:30 p.m.	Open Swim	CLOSED	Open Swim	CLOSED	CLOSED
1:30-2:15 p.m.	Aqua-fit (Deep)		Aqua-fit (Deep)		
2:15-3:00 p.m.	Open Swim		Open Swim		

LONDON LIFE FAMILY WELLNESS CENTRE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:30 a.m.	Recreational Swim	Gentle Fit	Recreational Swim	Gentle Fit	Recreational Swim
9:30-11:00 a.m.	Recreational Swim	Recreational	Recreational	Recreational	Recreational
11:00-11:30 a.m.	Gentle Fit	Gentle Fit	Gentle Fit	Gentle Fit	Gentle Fit
11:30-12:00 p.m.	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim
12:00-2:00 p.m.	Open Swim	ASAP 1:00-2:00p.m.	Open Swim	ASAP 1:00-2:00p.m.	CLOSED

Water Fitness Classes- Aqua-fit & Gentle Fit Fees and Registration

"Drop-in" to any aqua-fit and gentle fit class for \$2.00.

Aqua-fit Classes are limited to 30 participants. **Gentle Fit** classes are limited to 20 participants

Fall Session

September 12-December 23, 2011

Currently registering

Winter Session

January 9-March 9, 2012

Registration begins December 12, 2011

Spring Session

March 19-June 22, 2012

Registration begins

March 5, 2012

Holiday Hours

AQUAPLEX POOL

December 28-January 6, 2012 & March 12-16, 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-9:00 a.m.	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim
9:00-9:30 a.m.	Aqua-fit (Shallow)	Aqua-fit (Deep)	Aqua-fit (Shallow)	Aqua-fit (Shallow)	Aqua-fit (Deep)
9:30-12:00 p.m.	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim

WELLNESS POOL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-11:00 a.m.	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim
11:00-11:30 a.m.	Gentle Fit	Gentle Fit	Gentle Fit	Gentle Fit	Gentle Fit
11:30-12:00 p.m.	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim

Summer Hours

AQUAPLEX POOL

June 25-August 31, 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15-8:30 a.m.	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim	Recreational/ Fitness Swim
8:30-9:00 a.m.	Aqua-fit (Shallow)	Aqua-fit (Deep)	Aqua-fit (Shallow)	Aqua-fit (Shallow)	Aqua-fit (Deep)
9:00-10:45 a.m.	Recreation Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim

WELLNESS POOL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15-10:00 a.m.	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim
10:00-10:30 a.m.	Gentle Fit	Gentle Fit	Gentle Fit	Gentle Fit	Gentle Fit
10:30-10:45 a.m.	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim	Recreational Swim