



# HORTON STREET SENIOR CENTRE

184 Horton St. London ON N6B 1K8 Phone: (519) 434-9114

## MARCH BREAK / PD DAYS / ALL HOLIDAYS including CHRISTMAS HOLIDAYS and the SUMMER. HOURS: 7am to 12, noon.

*This schedule will run from Tuesday, July 2<sup>nd</sup> 2019 to Monday, September 9<sup>th</sup> 2019*

<b>Monday</b>	<b>Line Dancing:</b> 10:00-11:00am in the Gym. Cost \$2.00 <b>Cribbage:</b> 9:30-12:00pm 3 <sup>rd</sup> Floor meeting room
<b>Tuesday</b>	<b>Morning Fitness Walk (outdoors):</b> 8:00-9:00am meet in Café ( <i>summer only</i> ) <b>Tai Chi:</b> 10:00-11:00am in the Music Room ( <i>summer only</i> ) <b>Bid Euchre:</b> 9:30 – 12:00pm 3 <sup>rd</sup> Floor Board Room
<b>Wednesday</b>	<b>Morning Fitness Walk (outdoors):</b> 8:00-9:00am meet in Café ( <i>summer only</i> ) <b>Bingo:</b> 10:00 – 12:00pm in the Music Room
<b>Thursday</b>	<b>Progressive Euchre:</b> 10:00 – 12:00pm in the Music Room. Cost: \$1.00 <b>New Member Tours:</b> 10:00-11:00am meet in Aquaplex Lobby <b>Bridge:</b> 9:30 – 12:00pm 3 <sup>rd</sup> Floor meeting room
<b>Friday</b>	<b>Get Fit Class:</b> 10:00-10:45am in the Music Room ( <i>summer only</i> ) <b>Gentle/Seated Exercise Class:</b> 11:15-11:45am in the Music Room ( <i>summer only</i> )

**IMPORTANT INFORMATION:** Please be mindful of the all program start times during the summer. Programs will be ready 15 minutes prior to the start time, situations may arise but the HSSC and BGCL staff will try our best to have the programs start on time.

### **AQUAPLEX:** Aquaplex change rooms must be cleared by 11:00 am – NO EXCEPTIONS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 – 8:30 am	Rec/Fitness Swim	Rec/Fitness Swim	Rec/Fitness Swim	Rec/Fitness Swim	Rec/Fitness Swim
8:30 - 9:00 am	Aqua-fit (shallow)	Aqua-fit (deep)	Aqua-fit (shallow)	Aqua-fit (shallow)	Aqua-fit (shallow)
9:00 - 10:30 am	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim

### **WELLNESS:** Wellness change rooms must be cleared by 10:30am – NO EXCEPTIONS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30am – 9:30am	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim	Recreation Swim
9:30am – 10am	Gentle Fit	Gentle Fit	Gentle Fit	Gentle Fit	Gentle Fit

**FITNESS ROOM HOURS:** Monday to Friday 7am to 12pm

**CAFÉ HOURS:** 8am to 12pm Coffee / tea and baked goods only.

**FOOT CARE CLINIC:** If you require foot care please call Karen at 519-434-9115 ext. 250

**CLUB CLOSED:** Monday, July 1<sup>st</sup> for Canada Day, Monday, August 5<sup>th</sup> for Civic Holiday and Monday, September 2<sup>nd</sup> for Labour Day.

**SUMMER PROGRAMING BEGINS: Friday, June 28<sup>th</sup>, 2019**

**REGULAR PROGRAMING WILL BEGIN: Monday, September 9<sup>th</sup>, 2019.**