



# CRYSTAL CONSERVATORIES AT ST. BARNABAS

July 1 – September 30, 2017

**Please note:**

July 4<sup>th</sup>: 11:30 – 2pm  
 July 13<sup>th</sup>: CLOSED  
 July 25<sup>th</sup>: 11 – 6pm – not closed at 12pm  
 July 27<sup>th</sup>: 10:30 opening  
 August 1<sup>st</sup>: 9 – 5pm – not closed at 12pm  
 August 3<sup>rd</sup>: 10:30 opening  
 September 4<sup>th</sup>: CLOSED

**No Class:**

July 13<sup>th</sup>  
 August 1<sup>st</sup>: Splash and Tone

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>9 a.m. – 12 p.m.</b> Leisure Time	<b>9:00 – 12 p.m.</b> Leisure Time	<b>10:30a.m. – 12:00p.m.</b> Leisure Time	<b>10:00 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>11 – 12 p.m.</b> Men’s Class	<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>1:30 – 3 p.m.</b> Therapy	<b>12 – 1 p.m.</b> Lap Swim	<b>1 – 3 p.m.</b> Therapy	<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>3 – 6:30 p.m.</b> Leisure Time	<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>5:30 – 6:30 p.m.</b> Splash & Tone	<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.
- **Men's Class:** Low impact H2O Aerobics for men 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 Syruws, Director of Recreation at TWSB and CCSB:  
724-625-3807 or [esyruws@stbarnabashealthsystem.com](mailto:esyruws@stbarnabashealthsystem.com)

Or

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