

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM						Supervised Swim 9am-5pm Ages 4 - 15	Supervised Swim 9am- 5pm Ages 4 - 15
						Arts N Crafts 9am-10am (3-6yrs) 10am-11am (7-12y) (Upper Daycare) with Sadie	Soccer & Activites 9am-10am (3-6yrs) 10am-11am (7-12yr) (Gym) Nolan
9:00						Karate (Kids) 9:00am-10:00am (7-13yrs) (Studio 4) Steve Hillmer	
10:15						Karate (Adults) 10:15am-11:30am (14+) (Studio 4) Steve Hillmer	
10:30						Parent & Tot Swim Class (30) (2-4yr) 10:30am-11:00am	Family Yoga 10:30am (40) Studio 4
12:00							
4:00p							
5:00:p	Supervised Swim 5pm-8pm Ages 4-15	Supervised Swim 5pm-8pm Ages 4-15	Supervised Swim 5pm-8pm Ages 4-15	Supervised Swim 5pm-8pm Ages 4-15	Supervised Swim 5pm-8pm Ages 4-15		
5:00 PM	Adventure Zone 5:00 - 5:30 (3-6yr)	Adventure Zone 5:00 - 5:30 (3-6yr)	Adventure Zone 5:00 - 5:30 (3-6yr)	Adventure Zone 5:00 - 5:30 (3-6yr)			
	Arts 'N' Crafts 5:30-6:00(3-5yr) 6:00-7:00(6-8yr) 7:00-8:00(9-12yr) with Lindi	Floor Hockey 5:30-6:00(3-5yr) 6:00-7:00(6-8yr) 7:00-8:00(9-12yr) with Nolan	Soccer 5:30-6:00(3-5yr) 6:00-7:00(6-8yr) 7:00-8:00(9-12yr) with Taylor	Basketball 5:30-6:00(3-5yr) 6:00-7:00(6-8yr) 7:00-8:00(9-12yr) with Nolan	Pickleball 6:00pm-8:00pm (12yr-16yr) with Evan		
						<h2 style="text-align: center;">KIDS PROGRAMS</h2> <p style="text-align: center;">**SUBJECT TO CHANGE WITHOUT NOTICE.**</p> <p style="text-align: center;">SIGN UP IS NOT REQUIRED, BUT PREFERRED INCASE ANY CLOSURES.</p> <div style="text-align: center;"> <p>CEDAR SPRINGS HEALTH, RACQUET & SPORTSCLUB</p> </div>	
6:30p	Karate (Kids) 6:30 - 7:30pm (7-13yrs) (Studio 4) Steve Hillmer		Karate (Kids) 6:30 - 7:30pm (7-13yrs) (Studio 4) Steve Hillmer				
7:30p	Karate (Adults) 7:45 - 9:00pm (14+) (Studio 4) Steve Hillmer		Karate (Adults) 7:45 - 9:00pm (14+) (Studio 4) Steve Hillmer				
8:00p							
8:30p							

Revised as of January 7th, 2024