



SESSION 6
NOVEMBER 18TH – DECEMBER 20TH

MONDAY	CLASS	INSTRUCTOR	ROOM	START TIME	END TIME
	OPEN SWIM	AQUATICS	F101 POOL	9:00AM	10:50AM
	WELLNESS WALKERS	DENISE MAYES	F106	9:00AM	9:50AM
	BEGINNING PIANO I (Registration 11/14/24)	DEVONTE TAYLOR	A124	9:30AM	10:50AM
	ZUMBA GOLD	CHARLEEN MCBRAYER	VICTORY RM	10:00AM	10:50AM
	MELLOW MOMENTS	WILMA BYRD	A117	10:00AM	11:30AM
	BEGINNING SWIM LESSONS	AQUATICS	F101 POOL	11:00AM	11:50AM
	DYNAMIC YOGA	LORNA LINDSAY	VICTORY ROOM	11:00AM	11:50AM
	BEGINNING PIANO II (Registration 11/14/24)	DEVONTE TAYLOR	A124	11:00AM	12:30PM
	POOL CLOSED FOR LUNCH	AQUATICS	F101 POOL	12:00PM	12:50PM
	30 MINUTE WALK, TALK, AND TONE	RENEE BURWELL	VICTORY RM	12:00PM	12:30PM
	TAI CHI ARTHRITIS FOUNDATION	HERTENCER SHEPHARD	F106	12:00PM	12:50PM
	FUNCTIONAL STRENGTH TRAINING AND CARDIO	RENEE BURWELL	A123	12:45PM	1:30PM
	FITNESS ROOM CONSULT W/DEE (Learn how to use the fitness machines)	DEIRDRE PARRISH	F108	1:00PM	1:50PM
	HEALTHY COOKING (Registration 11/14/24)	DR. JOY	A106	1:00PM	2:30PM
	BASIC SIGN LANGUAGE	ANDRE BRYANT	D124	1:00PM	1:50PM
	INTERMEDIATE SWIM LESSONS	AQUATICS	F101 POOL	1:00 PM	1:50PM
	DRAMA CLASS	CHARLENE KNOX	A117	1:00PM	2:50PM
	WII BOWLING	M&M	VICTORY RM	1:00PM	2:50PM
	ANOTHER LEVEL DANCE GROUP/REHEARSAL	MARY BOLTON	A123	1:30PM	2:50PM
WATER AEROBICS	DEIRDRE PARRISH	F101 POOL	2:00PM	2:50PM	
CHAIR YOGA	LAWANDA BROKENBOROUGH	F109	2:00PM	2:50PM	
SILVER SNEAKERS CLASSIC (beginners/low impact)	ELLEN MINTZMYER	F106	2:00PM	2:50PM	

TUESDAY

CLASS	INSTRUCTOR	ROOM	START TIME	END TIME
STRETCH, FLEX AND BREATHE (An early morning stretch does the body good)	DEIRDRE PARRISH	VICTORY RM	8:30AM	9:00AM
OPEN SWIM	AQUATICS	F101 POOL	9:00AM	9:50AM
LINE DANCING	J D HALL	VICTORY RM	9:00AM	9:50AM
WELLNESS WALKERS	DENISE MAYES	F106	9:00AM	9:50AM
FITNESS ROOM CONSULT W/DEE (Learn how to use the fitness machines)	DEIRDRE PARRISH	F108	9:15AM	9:50AM
STRENGTH TRAINING	DEIRDRE PARRISH	F106	10:00AM	10:50AM
BEG/WATER VOLLEYBALL	RHODA LAPP	F101 POOL	10:00AM	11:30AM
ADVANCED QUILTING	KAREN FURNISH	A125	10:00AM	11:50AM
ZUMBA GOLD TONING	RENEE BURWELL	VICTORY RM	10:00AM	10:50AM
MARTIAL ARTS	MASTER MADDOX	A123	10:00AM	10:50AM
SELF DEFENSE	MASTER MADDOX	A123	11:00AM	11:50AM
STRENGTH TRAINING	DEIRDRE PARRISH	F106	11:00AM	11:50AM
STRETCHING FULL BODY	GABRIELLE CARTY	VICTORY RM	11:00AM	11:50AM
CELL PHONE TECHNOLOGY (Registration 11/14/24)	VICTOR THOMAS	D124	11:00AM	1:00PM
POOL CLOSED FOR LUNCH	AQUATICS	F101	11:30AM	12:00PM
LINE DANCING	ROSE MERRY BROCK	VICTORY ROOM	12:00PM	12:50PM
HIGHLIGHTERS DANCE GROUP	JOHNNYE ASHLEY	A123	12:00PM	1:50PM
WATER AEROBICS	GABRIELLE CARTY	F101 POOL	12:00PM	12:50PM
RELAXING WITH COLORS (Learn basic coloring techniques)	CONNIE JOHNSON PAT JACKSON	A106	1:00PM	2:50PM
ADV/WATER VOLLEYBALL	CHARLENE KNOX	F101 POOL	1:00PM	2:50PM
BEGINNING POTTERY	JOHN SCHULTZ	A101	1:00PM	3:50PM
DRAPERY, PILLOWS, COMFORTERS AND MORE	GLORIA WILLIAMSON	A125	1:00PM	3:50PM
IS AGE JUST A NUMBER?	MERRILL WHITE	A117	1:30PM	3:30PM
SILVER SNEAKERS BOOM CARDIO DANCE	DENISE MAYES	F106	2:00PM	2:50PM
SENIOR FRIENDLY TECHNOLOGY	VICTOR THOMAS	D124	2:30PM	3:50PM

WEDNESDAY

CLASS	INSTRUCTOR	ROOM	START TIME	END TIME
OPEN SWIM	AQUATIC	F101 POOL	9:00AM	10:50AM
WELLNESS WALKERS	DENISE MAYES	F106	9:00AM	9:50AM
BASIC CROCHET CLASS	CHRISTINE FLEMING	D124	9:00AM	10:50AM
ROMANCE FROM 50 TO FOREVER	WILMA BYRD	A117	9:30AM	11:30AM
CIRCUIT TRAINING/ CLASSROOM	GABRIELLE CARTY	F106	10:00AM	10:50AM
DANCE TROOP	REHEARSAL	A123	10:00AM	12:00PM
LINE DANCING	CHARLEEN MCBRAYER	VICTORY RM	10:00AM	10:50AM
WRITING CLASS	ANITA CLAY	D125	10:00AM	11:50AM
WATER AEROBICS	GABRIELLE CARTY	F101 POOL	11:00AM	11:50AM
HAT MAKING	BEVERLY WADLEY	A125	11:00AM	12:50PM
LIMITED MOBILITY CHAIR AEROBICS & STRENGTH	JUSTON WALTERS	F106	11:15AM	12:00PM
DYNAMIC YOGA	LORNA LINDSAY	VICTORY RM	11:00AM	11:50AM
INTERMEDIATE PIANO	DEMI WILLIS	A124	11:00AM	12:30PM
POOL CLOSED FOR LUNCH	AQUATICS	F101 POOL	12:00PM	12:50PM
TOASTMASTER	CHARLENE KNOX	A117	12:00PM	1:15PM
BRAIN GAMES	LORNA LINDSAY	D125	12:00PM	12:50PM
MUSIC	DENNIS SNIPES	VICTORY RM	12:30PM	3:30PM
BEGINNING GUITAR	JAMES THOMPSON	A124	1:00PM	1:50PM
BEGINNING/INTERMEDIATE QUILTING	MARILYN FRANKLIN	A125	1:00PM	3:50PM
PICKLE BALL BASICS	DOROTHY WRIGHT	VICTORY RM	1:00PM	3:00PM
BEGINNING SWIM LESSONS	AQUATICS	F101 POOL	1:00pm	1:50PM
SEATED ABS	GABRIELLE CARTY	F106	1:00PM	1:50PM
HEALTHY COOKING (Registration 11/14/24)	DR. JOY	A106	1:00PM	2:30PM
AFRICAN AMERICAN HISTORY	MERRILL WHITE	A123	1:30PM	3:30PM
FAN TAI CHI	HERTENCER SHEPPARD	F106	2:00PM	2:50PM
WATER AEROBICS	GABRIELLE CARTY	F101 POOL	2:00PM	2:50PM

THURSDAY

CLASS	INSTRUCTOR	ROOM	START TIME	END TIME
STRETCH, FLEX AND BREATHE (An early morning stretch does the body good)	DEIRDRE PARRISH	VICTORY RM	8:30AM	9:00AM
OPEN SWIM	AQUATICS	F101 POOL	9:00AM	9:50AM
WELLNESS WALKERS	DENISE MAYES	F106	9:00AM	9:50AM
FITNESS ROOM CONSULT W/DEE (Learn how to use the fitness machines)	DEIRDRE PARRISH	F108	9:15AM	9:50AM
STRENGTH TRAINING	DEIRDRE PARRISH	F106	10:00AM	10:50AM
CARDIO CHAIR DANCE & TONE (BALANCE, TONE, AND STRETCH)	RENEE BURWELL	VICTORY RM	10:00AM	10:50AM
BEG/WATER VOLLEYBALL	RHODA LAPP	F101 POOL	10:00AM	11:30AM
MARTIAL ARTS	MASTER MADDOX	A123	10:00AM	10:50AM
SELF DEFENSE	MASTER MADDOX	A123	11:00AM	11:50AM
STRENGTH TRAINING	DEIRDRE PARRISH	F106	11:00AM	11:50AM
POOL CLOSED FOR LUNCH	AQUATICS	F101	11:30AM	12:00PM
CELL PHONE TECHNOLOGY (Registration 11/14/24)	VICTOR THOMAS	D122	11:00AM	1:00PM
CHAIR AEROBICS	GABRIELLE CARTY	VICTORY RM	11:00AM	11:50AM
LINE DANCING	ROSE MERRY BROCK	VICTORY RM	12:00PM	12:50PM
WATER AEROBICS	GABRIELLE CARTY	F101 POOL	12:00PM	12:50PM
ADVANCED POTTERY	JOHN SHULTZ	A101	1:00PM	3:50PM
ICON MODELS	JAN REYNOLDS	F106	1:00PM	1:50PM
ADV/WATER VOLLEYBALL	CHARLENE KNOX	F101 POOL	1:00PM	2:50PM
SENIOR FRIENDLY TECHNOLOGY	VICTOR THOMAS	D124	2:00PM	3:30PM
TAI CHI FOR ARTHRITIS	HERTENCER SHEPPARD	A123	2:00PM	2:50PM
SILVER SNEAKERS/JAMMING TO THE OLDIES	DENISE MAYES	F106	2:00PM	2:50PM

FRIDAY

CLASS	INSTRUCTOR	ROOM	START TIME	END TIME
OPEN SWIM	AQUATICS	F101 POOL	9:00AM	10:50AM
SPANISH 1 (beginning) (Registration 11/14/24)	THOMASINA GOODGAME	A117	9:00 AM	9:50AM
EMBELLISHMENTS Learning to embellish your garments and quilts using your sewing machine feet	TRACIE HAWKINS	A125	9:00AM	11:00AM
COMPUTER SKILLS 101 (Registration 11/14/24)	RAYMOND FISHER	COMPUTER LAB	10:00AM	12:00PM
BALLROOM DANCE	THE BALLROOM MAESTRO	VICTORY RM	10:00AM	10:50AM
SPANISH 1.1 (Registration 11/14/24)	THOMASINA GOODGAME	A117	10:00 AM	10:50AM
LWSC ELEGANCE IN MOTION	THE BALLROOM MAESTRO	A123	11:00AM	11:50AM
ADVANCED SWIM LESSONS	AQUATICS	F101 POOL	11:00AM	11:50AM
ADVANCED PIANO	DEVONTE TAYLOR	A124	11:00AM	12:30PM
MUSIC	DENNIS SNIPES	VICTORY RM	11:00AM	2:00PM
POOL CLOSED FOR LUNCH	AQUATICS	F101 POOL	12:00PM	12:50PM
CIRCUIT TRAIN W/DEIRDRE	DEIRDRE PARRISH	F106	12:00PM	12:50PM
BEGINNING QUILTING	TRACIE HAWKINS	A125	12:00PM	2:30PM
WATER AEROBICS	DEIRDRE PARRISH	F101 POOL	1:00PM	1:50PM
COMPUTER SKILLS 101 (Registration 11/14/24)	RAYMOND FISHER	COMPUTER LAB	1:00PM	3:00PM
SOCIAL MEDIA FOR SENIORS	VICTOR THOMAS	D124	1:00PM	2:00PM
LWSC CHOIR REHEARSAL	DEVONTE TAYLOR	A123	1:00PM	2:30PM