



SESSION 1
JANUARY 13TH – MARCH 7TH

| 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 Reg Jan 9th @10AM | DEVONTE TAYLOR | A124 | 9:30AM | 10:50AM |
| | BEGINNING PINOCHLE | BRENDA GOODMAN | A106 | 10:00AM | 11:50AM |
| | ZUMBA GOLD (Class starts January 20 th) | CHARLEEN MCBRAYER | VICTORY RM | 10:00AM | 10:50AM |
| | MELLOW MOMENTS Reg Jan 9th @10AM | 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 | DEVONTE TAYLOR | A124 | 11:00AM | 12:30PM |
| | SILVER SNEAKERS/JAMMING TO THE OLDIES | DENISE MAYES | F106 | 11:00AM | 11:50AM |
| | 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 |
| | FITNESS ROOM CONSULT W/DEE (Learn how to use the fitness machines) | DEIRDRE PARRISH | F108 | 12:00PM | 12:50PM |
| | FUNCTIONAL STRENGTH TRAINING AND CARDIO | RENEE BURWELL | VICTORY RM | 12:45PM | 1:30PM |
| | HEALTHY COOKING Reg Jan 9th @10AM | DR. JOY | A106 | 1:00PM | 3:00PM |
| | BEGINNER SIGN LANGUAGE Reg. Jan 9th @10AM | ANDRE BRYANT | D124 | 1:00PM | 1:50PM |
| | WATER AEROBICS | DEIRDRE PARRISH | F101 POOL | 1:00PM | 1:50PM |
| | DRAMA CLASS | CHARLENE KNOX | A117 | 1:00PM | 2:50PM |
| WII BOWLING | M&M | A123 | 1:00PM | 2:50PM | |
| ANOTHER LEVEL DANCE GROUP/REHEARSAL | MARY BOLTON | A114 | 1:30PM | 2:50PM | |
| INTERMEDIATE SIGN LANGUAGE Reg Jan 9th | ANDRE BRYANT | D124 | 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 | |
| INTERMEDIATE SWIM LESSONS | AQUATICS | F101 POOL | 2:00 PM | 2:50PM | |

TUESDAY

| CLASS | INSTRUCTOR | ROOM | START TIME | END TIME |
|--|-------------------------------|--------------|----------------|----------------|
| STRETCH, FLEX AND BREATHE | DEIRDRE PARRISH | VICTORY ROOM | 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 |
| WEIGHT & STRENGTH TRAINING Registration January 9th @10AM | 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 Registration January 9th @10AM | DEIRDRE PARRISH | F106 | 11:00AM | 11:50AM |
| STRETCHING FULL BODY | GABRIELLE CARTY | VICTORY RM | 11:00AM | 11:50AM |
| BEGINNING GUITAR | JAMES THOMPSON | A124 | 11:00AM | 11:50AM |
| CELL PHONE TECHNOLOGY Reg Jan 9th @10AM | VICTOR THOMAS | D124 | 11:00AM | 1:00PM |
| POOL CLOSED FOR LUNCH | AQUATICS | F101 | 11:30AM | 12:00PM |
| LINE DANCING (Class starts 1/21/25) | ROSE MERRY BROCK | VICTORY ROOM | 12:00PM | 12:50PM |
| HIGHLIGHTERS DANCE GROUP | JOHNNYE ASHLEY | F106 | 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 | D125 | 1:00PM | 2:50PM |
| ADV/WATER VOLLEYBALL | CHARLENE KNOX | F101 POOL | 1:00PM | 2:50PM |
| ADVANCED BEGINNING GUITAR | JAMES THOMPSON | A124 | 1:00PM | 1:50PM |
| 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 W/WEIGHTS | 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 Registration January 9th @10AM | CHRISTINE FLEMING | D124 | 9:00AM | 10:30AM |
| ROMANCE FROM 50 TO FOREVER Registration January 9th @10AM | 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 (Class starts January 22 nd) | 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 |
| ADVANCED CROCHET CLASS Registration January 9th @10AM | CHRISTINE FLEMING | D124 | 11:00AM | 12:30PM |
| HAT MAKING | BEVERLY WADLEY | A125 | 11:00AM | 12:50PM |
| LIMITED MOBILITY CHAIR AEROBICS & STRENGTH | JUSTON WALTERS | F106 | 11:00AM | 11:50AM |
| 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 |
| CHICAGO STEP CLASS | LUISA HUNTE | A123 | 12:30PM | 1:30PM |
| BEGINNING/INTERMEDIATE QUILTING | MARILYN FRANKLIN | A125 | 1:00PM | 3:50PM |
| PICKLE BALL BASICS Class starts Jan 22, 2025 | 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 January 9th @10AM | DR. JOY | A106 | 1:00PM | 3:00PM |
| AFRICAN AMERICAN HISTORY | MERRILL WHITE | A123 | 1:45PM | 3:50PM |
| 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 | DEIRDRE PARRISH | VICTORY ROOM | 8:30AM | 9:00AM |
| OPEN SWIM | AQUATICS | F101 POOL | 9:00AM | 9:50AM |
| WELLNESS WALKERS | DENISE MAYES | F106 | 9:00AM | 9:50AM |
| DIGITAL PHOTOGRAPHY WORKSHOPS | BOB GLICKSMITH | D125 | 9:00AM | 11:00AM |
| CROCHET BY NUMBERS | COLA TURNER | A106 | 9:00AM | 11:50AM |
| FITNESS ROOM CONSULT W/DEE (Learn how to use the fitness machines) | DEIRDRE PARRISH | F108 | 9:15AM | 9:50AM |
| WEIGHT & STRENGTH TRAINING Registration January 9th @10AM | DEIRDRE PARRISH | F106 | 10:00AM | 10:50AM |
| CARDIO CHAIR DANCE & TONE (BALANCE, TONE, AND STRETCH) | RENEE BURWELL | VICTORY RM | 10:00AM | 10:50AM |
| KREATIVE CONNECTIONS (greeting cards, tee-shirts, novelty gifts) | TYSHAE DAVIS | A101 | 10:00AM | 11:50AM |
| 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 Registration January 9th @10AM | DEIRDRE PARRISH | F106 | 11:00AM | 11:50AM |
| POOL CLOSED FOR LUNCH | AQUATICS | F101 | 11:30AM | 12:00PM |
| CELL PHONE TECHNOLOGY Registration January 9th @10AM | 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 |
| BASIC DIGITAL PHOTOGRAPHY | BOB GLICKSMITH | D125 | 1:00PM | 3:00PM |
| 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 |
| BEGINNING SPANISH Registration January 9th @10AM | THOMASINA GOODGAME | A117 | 9:00 AM | 9:50AM |
| BEGINNING SEWING | TRACIE HAWKINS | A125 | 9:00AM | 11:00AM |
| INTERMEDIATE DIGITAL PHOTOGRAPHY | BOB GLICKSMITH | D125 | 9:00AM | 11:00AM |
| STRENGTH & AGILITY TRAINING | ANITA ADAMS | F106 | 10:00AM | 10:50AM |
| COMPUTER SKILLS 101 Registration January 9th @10AM | RAYMOND FISHER | COMPUTER LAB | 10:00AM | 12:00PM |
| BALLROOM DANCE | THE BALLROOM MAESTRO | VICTORY RM | 10:00AM | 10:50AM |
| INTERMEDIATE SPANISH Registration January 9th @10AM | THOMASINA GOODGAME | A117 | 10:00 AM | 10:50AM |
| BEGINNING BRIDGE | LINDA DUNN | A106 | 10:30AM | 12:30PM |
| YOGA + PILATES FUSION | ANITA ADAMS | F106 | 11:00AM | 11:50AM |
| LWSC ELEGANCE IN MOTION GROUP | THE BALLROOM MAESTRO | VICTORY RM | 11:00AM | 11:50AM |
| ADVANCED SWIM LESSONS | AQUATICS | F101 POOL | 11:00AM | 11:50AM |
| ADVANCED PIANO | DEVONTE TAYLOR | A124 | 11:00AM | 12:30PM |
| 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 |
| INTERMEDIATE COMPUTER SKILLS 201 Reg Jan 9th @10AM | RAYMOND FISHER | COMPUTER LAB | 1:00PM | 3:00PM |
| WATER AEROBICS | DEIRDRE PARRISH | F101 POOL | 1:00PM | 1:50PM |
| SOCIAL MEDIA FOR SENIORS | VICTOR THOMAS | D124 | 1:00PM | 2:00PM |
| THE ART AND PRACTICE OF MEDITATION Reg Jan 9th @10AM | LARRY DAVIS | A117 | 1:00PM | 3:00PM |
| ADVANCED DIGITAL PHOTOGRAPHY | BOB GLICKSMITH | D125 | 1:00PM | 3:00PM |
| LWSC CHOIR REHEARSAL | DEVONTE TAYLOR | A123 | 1:00PM | 2:30PM |