



# ACTIVITY | THE ANCHORAGE

## ACTIVITIES FOR ADULTS AND KIDS

(kids during July and August)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CHI KUNG</b> 9-10am <b>pool 2</b> No mats needed	<b>YOGA</b> 9-10:15am <b>Pool 2,</b> Mats on request	<b>PILATES</b> 9-10am <b>Gym</b> all equipment provided	<b>YOGA</b> 9-10:15am <b>Pool 2,</b> Mats on request	<b>AQUADYNAMIC</b> 9-10am <b>Pool 5</b>	<b>KIDS TENIS</b> 9-10am 10-11am
	<b>KIDS SWIMMING</b> 4:30pm <b>Pool 5</b>		<b>KIDS SWIMMING</b> 4:30pm <b>Pool 5</b>		