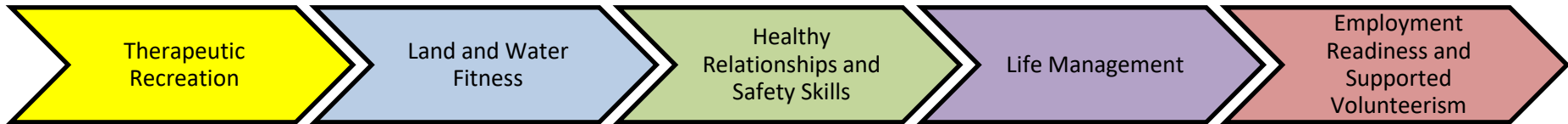


# Foundations for Success Program

## Class Schedule for April 30 – July 6, 2018 (10 weeks)



### Morning Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9-9:45am</b>		Aqua Fit Class		Aqua Fit Class	
<b>9:15-9:40am</b>	Wake up Brantwood!	Wake up Brantwood!	Wake up Brantwood!	Wake up Brantwood!	Wake up Brantwood!
<b>10-10:45am</b>	Aqua Fit Class	Range of Motion – Aqua Fit *	Aqua Fit Class	Low Impact - Aqua Fit *	Aqua Fit Class
<b>9:45-11:15am</b>	Physical Fitness	Physical Fitness	Physical Fitness	Physical Fitness	Physical Fitness
	Chair Exercise w/ Lisa (10:30-11am)				Chair Yoga w/Lisa (10:30-11am)
	The Brew Volunteering	The Brew Volunteering	The Brew Volunteering	The Brew Volunteering	The Brew Volunteering
	Money Matters	History	Around the World	Rights and Abuse Education	Creative Arts

### Afternoon Classes

<b>1-2:30pm</b>	Off the Wall – Active Aqua Fit * (1pm-1:45pm)	Foundations Open Swim (1-1:45pm)	On the Wall – Strength/Balance Aqua Fit * (1pm-1:45pm)	Foundations Open Swim (1-1:45pm)	Foundations Open Swim (1pm-1:45pm)
	The Brew Volunteering	The Brew Volunteering	The Brew Volunteering	The Brew Volunteering	The Brew Volunteering
	Multi-Sensory Room	Fun Fitness	Multi-Sensory Room	Gentle Exercise	Cranium Crunchers
	The Brantwood Bake Shoppe	Let's Get Cooking Level 1	Let's Get Cooking Level 2	Community Engagement	Multi-Sensory
	Sports Club	Open Future Learning	Rights and Abuse Education	Making Strides	Horticulture

\* Community Class – See brochure for details

