

# Foundations for Success Program

Class Schedule for January 8 – April 27, 2018



## Morning Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9-9:45am</b>		Water Art Class		Water Art 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>	Water Art Class	Range of Motion - Water Art *	Water Art Class	Low Impact - Water Art *	Water Art 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)
	Café Volunteering	Café Volunteering	Café Volunteering	Café Volunteering	Café Volunteering
	Exploring the Animal Kingdom	Date Smart	Music	Community/Fundraising	Rights and Abuse Prevention Education

## Afternoon Classes

<b>1-2:30pm</b>	Off the Wall – Active Water Art * (1pm-1:45pm)	Foundations Open Swim (1-1:45pm)	On the Wall – Strength/Balance Water Art * (1pm-1:45pm)	Foundations Open Swim (1-1:45pm)	Foundations Open Swim (1pm-1:45pm)
	Café Volunteering	Café Volunteering	Café Volunteering	Café Volunteering	Café Volunteering
	Multi-Sensory Room	Fun Fitness	Multi-Sensory Room	Gentle Exercise	Music
	Rights and Abuse Prevention Education	Let's Get Cooking Level 1	Let's Get Cooking Level 2	Advocacy	Multi-Sensory
	Baking		Horticulture		Community Engagement

\* Community Class – See brochure for details

