

# Congregational Summer Assembly

## Weekly Schedule

Inclement weather, activities will be cancelled or moved indoors at the discretion of the instructor.

### Swim Lessons at Crystal Lake

Monday - Friday

10:00 am Beginners

10:45 am Intermediate & Advanced

11:30 am All Levels

### Arts & Crafts

In the Kitchen Assembly Bldg.

Tuesdays and Thursdays

1:00-1:30 pm Ages 3-4

1:30-2:15 pm Ages 5-7

2:30-3:15 pm Ages 8-11

### Sports Activities

On the ballfield

Mon/Fri: 1:45-2:15 Soccer (ages 4-6)

2:30-3:30 Soccer (ages 7-9)

3:30-4:30 Soccer (ages 10-12)

T/Th: 2:30-3:00 Tee Ball (ages 4-7)

3:15-4:00 Softball (ages 8-12)

Wed: 3:30 Kickball (ages 4-12)

### Sunday Morning Activities

In the Meeting House

9:00 – 9:50 Adult Bible Study Class

10:00 Choir Rehearsal

11:00 Church Service

(Sunday School ages 4-11 available in Assembly Building)

### Monday Night Dance

Assembly Building Community Room

7:00-7:30 pm Ages 3-4

7:30-8:00 pm Grades K-2

8:00-8:30 pm Grades 3-4

### CSA Archives at Pilgrim Place

Open Wednesdays 10am to noon or by appointment

### Tennis Lessons

At the Woods Courts:

Mon-Fri. 8:30-9:30 am Adult Class

Fridays 9:30 am Adult Round Robin

At Crystal Courts:

9:30-10:00 am Pee Wees (ages 4-6)

10:00-10:45 am Beginners (ages 7-9)

10:45-11:30 am Intermediate (ages 10-12)

11:30-12:15 pm Advanced (ages 13+)

### Ecology Fun

At tables on west side of Assembly Bldg.

Fridays, June 24 thru August 12

2:15-3:15 pm Ages 4-6

3:30-4:30 pm Ages 7-10

### Youth Activities

Check the Youth Boards for Middle School and High School Activities

### Adult Exercise Classes

Sponsored by the Women's Association

At Michigan Tennis Court

Bring your own mat

Monday 8:30-9:30 am PiYo Fusion

(Yogalates) with Beth Tarkington

Wednesday 8:30-9:30 am Yoga with

Beth Seiloff

Friday 8:30-9:30 am Yoga with Anna

Walker

At Assembly Building

Tuesday 9:30-10:30 am Movement and

Balance Class with Deb Cennane

Water Aerobics with Diane Tracy

Tuesday at Crystal Lake, 3:30-4:15 pm

Bring your own noodle