

may 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>AT THE pool</p> <p>Splash Day May 24th 2PM-5PM</p> <p>Swim Team Tryouts May 12th - 14th 3:30P-4:30P</p> <p>Swim Lessons - Two Sessions May 26th - June 5th or June 10th - June 19th</p> <p>Available Times: 10-10:45A or 11-11:45A</p>					
			1 PIRATES 8AM DANCE AEROBICS 4PM	2 total body RESET - 8AM	3 ELECTION DAY closed
5 total body RESET - 8AM PIRATES 5PM	6 VHS BB QTR Finals @ DEQUINCY 6pm DANCE AEROBICS 4:30PM PIRATES 8AM	7 PICKLEBALL 1PM-2PM total body RESET - 8AM PIRATES 5PM	8 PIRATES 8AM DANCE AEROBICS 4PM	9 total body RESET - 8AM	10 PIRATES 9AM
12 total body RESET - 8AM PIRATES 5PM	13 DANCE AEROBICS 4PM PIRATES 8AM	14 PICKLEBALL 1PM-2PM total body RESET - 8AM PIRATES 5PM BOARD meeting @ 5:30 PM	15 PIRATES 8AM DANCE AEROBICS 4PM	16 total body RESET - 8AM	17 PIRATES 9AM
19 total body RESET - 8AM PIRATES 5PM	20 DANCE AEROBICS 4PM PIRATES 8AM	21 total body RESET - 8AM PIRATES 5PM	22 PIRATES 8AM DANCE AEROBICS 4PM	23 total body RESET - 8AM	24 splash day 2PM-5PM NO PIRATES CLASS
26 total body RESET - 8AM Holiday Hours 8am-12pm	27 DANCE AEROBICS 4PM PIRATES 8AM	28 total body RESET - 8AM PIRATES 5PM	29 DANCE AEROBICS 4PM PIRATES 8AM	30 total body RESET - 8AM	31 PIRATES 9AM

WARD 7 COMMUNITY CENTER
1615 HORRIDGE STREET - VINTON, LA 70668 - (337)589-5181

SWIM LESSONS



\$50
FOR TWO-WEEK SESSION
One prior to first lesson.

WARD 7 COMMUNITY POOL
SESSION RUNS FOR TWO WEEKS:
MONDAY - THURSDAY - 10:00 - 10:45 AM OR 11:00 - 11:45 AM

BEGINNERS - INTERMEDIATE - ADVANCED

1ST SESSION >>> **MAY 26TH - JUNE 5TH** <<< **2ND SESSION**
JUNE 9TH - JUNE 19TH


AGES: 4 and up www.ward7rec.com

Join the SWIM TEAM

VINTON SEA LIONS

Tryouts for the Vinton Sea Lions summer swim team will be May 12th - May 15th from 3:30 to 4:30 PM at the Ward 7 Community Pool. All registration paperwork for returning and new swimmers is to be completed by May 20th before 4:30 PM, **NO EXCEPTIONS.**

QUESTIONS
CALL OR TEXT:
GINA SWINBURN
(337)540-2010




ELECTION

MAY 3, 2025
WARD 7 COMMUNITY CENTER
CLOSED
REOPEN MAY 5TH;
REGULAR HOURS

POLLING LOCATION
ACTIVITY ROOM



MEMORIAL DAY

Holiday Hours
MAY 26, 2025
8AM TO 12PM



WARD 7 COMMUNITY POOL

SPLASH DAY

Pool Rules


ALL WARD 7 COMMUNITY CENTER GENERAL USE RULES AND GUIDELINES, INCLUDING DISCIPLINARY PROCEDURES, WILL BE ENFORCED.

1. The pool will close temporarily at the first sign of lightning.
2. No running.
3. No social visiting with the lifeguard on duty.
4. No hanging on ropes.
5. No smoking, eating, or chewing gum in pool area.
6. ONE person at a time on diving board.
7. No life preservers unless COAST GUARD APPROVED.
8. Only lifeguards are allowed in basket room.
9. No personal contact.
10. No horseplay.
11. Age 8 years and under and all non-swimmers cannot be in the pool without an adult (18+ years) swimming in the pool with them. Ages 12 years and under must have a parent or adult stay in the general pool area, they cannot be dropped off.
12. Only modest swim apparel allowed. Must wear proper swim attire; no blue jean shorts or t-shirts are allowed.
13. Must shower before entering pool.
14. Must obey all posted signs.

Saturday MAY 24TH 2PM-5PM

MORE INFORMATION ON 2025 POOL SEASON COMING SOON.
1615 HORRIDGE STREET ~ VINTON, LA 70668 (337)589-5181

WARD 7 COMMUNITY CENTER



AEROBICS DANCE

A FUN, ENERGETIC DANCE CLASS WITH UPBEAT MUSIC TO GET YOU MOVING.

new TIME **TUESDAY & THURSDAY @ 4:00 PM**

CLASS BENEFITS:

- Total Body Movement
- Build Endurance
- Burn Calories
- Increase Serotonin
- Help With Coordination
- Help With Cognitive Skills

FREE FOR FITNESS ROOM MEMBERS.

WARD 7 COMMUNITY CENTER

TOTAL BODY RESET

THE ULTIMATE POWER HOUR FOR YOUR BODY

MONDAY - WEDNESDAY - FRIDAY 8:00 AM

Benefits of Class:

- GAIN STRENGTH AND MUSCLE
- KICK START YOUR METABOLISM
- STRENGTHEN YOUR CORE
- OFFERS VARIETY WITHOUT BOREDOM

This well-rounded class packs a punch with a mix of strength training, core workouts, and HIIT (High-Intensity Interval Training). You will build muscle, strengthen your core, and get your heart pumping to boost your metabolism.

Free to Fitness Room Members. \$5 per class for non-members.

WARD 7 COMMUNITY CENTER

PILATES

A LOW IMPACT, FULL BODY WORKOUT TO IMPROVE MUSCLE TONE AND FLEXIBILITY.

Class Benefits:

- Improve stability, balance, & coordination
- Build endurance
- Increase range of motion
- Pain relief for damaged joints and bones
- Improve posture
- Strengthen joints

6 Principles of Pilates:
Concentration
Control
Center
Breath
Precision
Flow

MONDAY & WEDNESDAY @ 5:00PM
TUESDAY & THURSDAY @ 8:00AM
SATURDAY @ 9:00AM

FREE FOR FITNESS ROOM MEMBERS. \$5 FOR NON-MEMBERS.

Fitness Classes are Free for Fitness Room Members.

\$5 per class for non-members.