

# POOL SCHEDULE | SEPTEMBER

MONDAY		TUESDAY	
TIME	CLASS	TIME	CLASS
5:00-8:00	Open Swim	5:00-9:00	Open Swim
8:00-9:00	Water Training Intervals with Tracy	9:00-10:00	Water Boot Camp with Katherine
9:00-10:00	Open Swim	10:00-10:30	Swim Lessons: PSL1, PSL2, L2, L3
10:00-10:30	Swim Lessons: PSL1, PSL2, L2, L3	10:00-10:45	Swim Lessons: L4, L5
10:00-10:45	Swim Lessons: L4, L5	10:30-11:00	Swim Lessons: PSL3, L2, L3, Parent/Child
10:30-11:00	Swim Lessons: PSL3, L2, L3, Parent/Child	11:00-12:00	Open Swim
11:00-12:00	Open Swim	12:15-1:15	"Jump In" with Amber
12:15-1:15	Armed & Dangerous with Irene	1:30-4:00	Open Swim
1:30-4:00	Open Swim	4:00-4:30	Swim Lessons: L1, L2, L3
4:00-5:30	RAC Swim Team	4:00-4:45	Swim Lessons: L4, L5
5:30-6:00	Swim Lessons: PSL1, PSL2, L2, L3	4:30-5:00	Swim Lessons: L1, L2, L3
5:30-6:15	Swim Lessons: L4, L5	4:45-5:30	Swim Lessons: L4, L5
6:00-6:30	Swim Lessons: PSL3, L2, L3, Parent/Child	5:30-6:30	Thunder & Lightning with Ariel
6:30-12:00	Open Swim	6:30-12:00	Open Swim
WEDNESDAY		THURSDAY	
5:00-8:00	Open Swim	5:00-9:00	Open Swim
8:00-9:00	Water Training Intervals with Tracy	9:00-10:00	Water Boot Camp with Katherine
9:00-10:00	Open Swim	10:00-10:30	Swim Lessons: PSL1, PSL2, L2, L3
10:00-10:30	Swim Lessons: PSL1, PSL2, L2, L3	10:00-10:45	Swim Lessons: L4, L5
10:00-10:45	Swim Lessons: L4, L5	10:30-11:00	Swim Lessons: PSL3, L2, L3, Parent/Child
10:30-11:00	Swim Lessons: PSL3, L2, L3, Parent/Child	11:00-12:00	Open Swim
11:00-12:00	Open Swim	12:15-1:15	"Jump In" with Amber
12:15-1:15	Armed & Dangerous with Irene	1:30-4:00	Open Swim
1:30-4:00	Open Swim	4:00-4:30	Swim Lessons: L1, L2, L3
4:00-5:30	RAC Swim Team	4:00-4:45	Swim Lessons: L4, L5
5:30-6:00	Swim Lessons: PSL1, PSL2, L2, L3	4:30-5:00	Swim Lessons: L1, L2, L3
5:30-6:15	Swim Lessons: L4, L5	4:45-5:30	Swim Lessons: L4, L5
6:00-6:30	Swim Lessons: PSL3, L2, L3, Parent/Child	5:30-6:30	Thunder & Lightning with Ariel
6:30-12:00	Open Swim	6:30-12:00	Open Swim
FRIDAY		SATURDAY	
5:00-8:00	Open Swim	6:00-10:00	Open Swim
8:00-9:00	Water Training Intervals with Tracy	10:00-11:00	Cross Training with Sue
9:00-10:00	Open Swim	11:00-10:00	Open Swim
10:00-10:30	Swim Lessons: PSL1, PSL2, L2, L3	<b>SUNDAY</b>	
10:00-10:45	Swim Lessons: L4, L5		
10:30-11:00	Swim Lessons: PSL3, L2, L3, Parent/Child	6:00-10:00	Open Swim
11:00-12:00	Open Swim		
12:15-1:15	Armed & Dangerous with Irene		
1:30-5:30	Open Swim		
5:30-6:00	Swim Lessons: PSL1, PSL2, L2, L3		
5:30-6:15	Swim Lessons: L4, L5		
6:00-6:30	Swim Lessons: PSL3, L2, L3, Parent/Child		
6:30-12:00	Open Swim		

## JUMP IN

Jump In is a complete workout focused on all the muscle groups but without the impact of land based exercise. This class will increase aerobic and muscular endurance and improve flexibility while minimizing stress on the body. Whether you want to lose weight, recover from an injury, or just have fun, this workout is for you!

## THUNDER & LIGHTNING

Use the power of kickboxing for an amazing water workout that will increase muscle strength, endurance and balance. Tap into your inner warrior and join the fun! Appropriate for any fitness level.

## WATER TRAINING WITH INTERVALS

An invigorating fun water workout that begins with an active warm up then transitions to energizing intervals with music and water resistant tools. Complete the workout with isolated core training and stretching. This workout accommodates all levels.

## ARMED & DANGEROUS

Enjoy this fun and invigorating class that will change the shape of your body. By utilizing a variety of equipment you will tone your upper and lower body for a complete body workout.

## WATER BOOT CAMP

Enjoy this fun and energetic workout in the water. Cardio intervals and strength training will help you keep up your endurance without impact on your joints. This class is fun for all ages!

## MASTER'S SWIM & ADULT FITNESS SWIMMER

Enjoy this fun and energetic workout in the water. Cardio intervals and strength training will help you keep up your endurance without impact on your joints. This class is fun for all ages!

## CROSS TRAINING

Give your joints a break! Come train in the water for a great cardio but low impact workout.

## PARENTS & TOTS

Children 6 months - 4 years are in the water with a parent or both parents and the instructor leads class with songs, nursery rhymes, and water games that teach skills and parents how to hold and help the child adjust to the water.

## SWIM LESSONS

American Red Cross Swimming and Water Safety: Levels 1-6, ages 6 years and up. Please pick up a swim lessons flyer for more information.