

River Cities Community Pool Schedule

April 1-30, 2018

River Cities Community Pool Schedule						
April 1-30, 2018						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap/Walk/Open 5:00-1:30pm	Lap/ Walk/Open 5:00-1:30pm	Lap/Walk/Open 5:00-1:30pm	Lap/ Walk/Open 5:00-1:30pm	Lap/ Walk/Open 5:00-1:30pm	Lap/Walk/Open 6:30-3:00pm	Lap/Walk/Open 10:30-3:00pm
			Shallow Tabata w/Kasey 5:15-5:45am			
INSANITY (land) w/Kasey 6:00-6:45am	Yoga (land) w/Kasey 6:00-6:45am		CardioStix (land) w/Kasey 6:00-6:30am	Yoga (land) w/Bobbi 6:00-6:45am		
AquaLite w/Karie 7:15-8:00am	Deep Challenge w/Linda 7:15-8:00am	AquaLite w/Karie 7:15-8:00am	Deep Challenge w/Linda 7:15-8:00am	AquaLite w/Karie 7:15-8:00am	Stir It Up w/Tori 8:30-9:15am	
Deep Challenge w/Kasey 8:15-9:00am	Shallow Intervals w/ Kasey 8:15-9:00am	Fluid Yoga w/Kasey 8:15-9:00am	Deep Challenge w/Kasey 8:15-9:00am	AquaBurn w/ Kasey 8:15-9:00am		
Joints in Motion w/Linda 9:15-10:00am	AquaFit w/Dixie 9:15-10:00am	Joints in Motion w/Linda 9:15-10:00am	AquaFit w/Dixie 9:15-10:00am	Rock Solid w/Kimeen 9:15-10:00am		
HomeSchool & Parent/Child Swim Lessons 10:30-11:15 am						
BodyBoss (land) w/Kasey 12:15-12:45pm		BodyBoss (land) w/Kasey 12:15-12:45pm		BodyBoss (land) w/Kasey 12:15-12:45pm		
Pool Closes at 1:30pm Reopens at 3:45pm	Pool Closes at 1:30pm Reopens at 3:45pm	Pool Closes at 1:30pm Reopens at 3:45pm	Pool Closes at 1:30pm Reopens at 3:45pm	Pool Closes at 1:30pm	Pool Closes at 3:00pm	Pool Closes at 3:00pm
Lap/Walk/Open 3:30-7:30pm	Lap/Walk/Open 3:30-7:30pm	Lap/Walk/Open 3:30-7:30pm	Lap/Walk/Open 3:30-7:30pm	<p>Check out some of our great land classes, FREE to all members of RCCP!</p> <p>The pool will be closed Easter Sunday!</p> <p>Glow in the Dark Pool Party April 20th 5-7pm, \$5 per person</p>		
Swim Team 4:15-5:30pm	Lessons 4:15-5:00pm	Swim Team 4:15-5:30pm	Swim Team 4:15-5:30pm			
Deep Challenge w/Kimeen 5:15-5:45pm	Fluid Core w/Tori 5:30-6:15pm		Boot Camp w/Tori 5:15-6:00pm			
Lessons 6:00-6:45pm	Swim Team 6:00-7:30pm		Lessons 6:00-6:45pm			

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