

River Cities Community Pool Schedule

June 1-30, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap/Walk/Open 5:00-7:00pm	Lap/ Walk/Open 5:00-7:00pm	Lap/Walk/Open 5:00-7:00pm	Lap/ Walk/Open 5:00-7:00pm	Lap/ Walk/Open 5:00-3:00pm	Lap/Walk/Open 6:30-3:00pm	Lap/Walk/Open 10:30-3:00pm
Sunrise Surprise w/Tori 5:15-5:45am (starts		Sunrise Surprise w/Tori 5:15-5:45am	CardioStix (land) w/Kasey 5:45-6:30am			
AquaWake w/Dixie 6:00-6:45am	Yoga (land) w/Kasey 6:00-6:45am	AquaWake w/Dixie 6:00-6:45am	Yoga (land) w/Bobbi 6:00-6:45am			
AquaLite w/Karie 7:00-7:45am		AquaLite w/Karie 7:00-7:45am		AquaLite w/Karie 7:00-7:45am	Stir It Up w/Tori 8:30-9:15am	
Deep Challenge w/Kasey 8:00-8:45am	Shallow Intervals w/ Kasey 8:00-8:45am	Fluid Yoga w/Kasey 8:00-8:45am	Deep Challenge w/Kasey 8:00-8:45am	AquaBurn w/ Kasey 8:00-8:45am		
Joints in Motion w/Jessie 9:00-9:30am	AquaFit w/Dixie 9:00-9:45am	Joints in Motion w/Jessie 9:00-9:30am	AquaFit w/Dixie 9:00-9:45am			
Swim Lessons 9:30-10:30am		Swim Lessons 9:30-10:30am				
HomeSchool & Parent/Child Swim Lessons 10:30-11:15 am						
Swim Team 10:45am-12:00pm	Swim Team 10:45am-12:00pm	Swim Team 10:45am-12:00pm	Swim Team 10:45am-12:00pm			
Swim Lessons 11:00-12:00pm 6-4-18 thru 6-8-18	Swim Lessons 11:00-12:00pm 6-4-18 thru 6-8-18	Swim Lessons 11:00-12:00pm 6-4-18 thru 6-8-18	Swim Lessons 11:00-12:00pm 6-4-18 thru 6-8-18	Swim Lessons 11:00-12:00pm 6-4-18 thru 6-8-18	Swim Lessons 11:00-12:00pm 6-4-18 thru 6-8-18	
	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 3:00pm	Pool Closes at 3:00pm	Pool Closes at 3:00pm
Swim Lessons 1:00-2:00pm 6-4-18 thru 6-8-18	Swim Lessons 1:00-2:00pm 6-4-18 thru 6-8-18	Swim Lessons 1:00-2:00pm 6-4-18 thru 6-8-18	Swim Lessons 1:00-2:00pm 6-4-18 thru 6-8-18	Swim Lessons 1:00-2:00pm 6-4-18 thru 6-8-18		
Swim Lessons 1:30-2:30	Swim Lessons 1:30-2:30	Swim Lessons 1:30-2:30	Swim Lessons 1:30-2:30	<i>Pool is OPEN 5am-7:00pm M-Thur</i> <i>Please Note: Class times have changed</i> <i>BodyBoss is moving to Tuesday, Wednesday,</i> <i>Thursday in June! Same Class, New Time!</i> <i>Swim Team practice will move to</i> <i>10:45am-12:00pm Starting June 11-July 31.</i>		
Swim Team 4:15-5:30pm	Lessons 4:15-5:00pm	Swim Team 4:15-5:30pm	Swim Team 4:15-5:30pm			
	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			

