

River Cities Community Pool Schedule

July 1-31, 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 6:30-12:00pm	Lap/Walk/Open 10:30-12:00pm
AquaBody Strong 5:15am-6:00am Must be pre-registered		AquaBody Strong 5:15am-6:00am Must be pre-registered	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		AquaBody Strong 7:00am-7:45 Must be pre-registered	
AquaLite w/Karie 7:00-7:45am		AquaLite w/Karie 7:00-7:45am		AquaLite w/Karie 7:00-7:45am	AquaTabata w/Kasey 8:00-8:30am	
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/DeeDee 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				
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 12:00pm-1:00pm					
	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 12:00pm	Pool Closes at 12:00pm
Swim Lessons 1:00pm-2:00pm	Swim Lessons 1:00pm-2:00pm	Swim Lessons 1:00pm-2:00pm	Swim Lessons 1:00pm-2:00pm	<i>Pool will be closing at 12pm on Saturdays and Sundays!</i> <i>We will be closed July 4, 2018 and there will be no classes July 5, 6, or 7th.</i>		
	AquaBody Strong 5:30pm-6:15pm Must be pre-registered		AquaBody Strong 5:30pm-6:15pm Must be pre-registered			
