

River Cities Community Pool Schedule

September 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 6:30-12:00pm	Lap/Walk/Open 10:30-12:00pm
AquaBody Strong 5:30am-6:15am Must be pre-registered		AquaBody Strong 5:30am-6:15am Must be pre-registered				
AquaWake w/Dixie 6:15am-7:00am	Yoga (land) w/Bobbi 6:00-6:45am	AquaWake w/Dixie 6:15am-7:00am		Yoga (land) w/Bobbi 6:00-6:45am	AquaBody Strong 7:00am-7:45 Must be pre-registered	
AquaLite w/Karie 7:15am-8:00am	Shallow Intervals w/ Kasey 6:15am-7:00am	AquaLite w/Karie 7:15am-8:00am		AquaLite w/Karie 7:15am-8:00am		
Deep Challenge w/Kasey 8:15am-9:00am	Shallow Intervals w/ Kasey 8:15am-9:00am	Fluid Yoga w/Kasey 8:15am-9:00am	Deep Challenge w/DeeDee 8:15am-9:00am	AquaBurn w/ Kasey 8:15am-9:00am	AquaBootcamp w/Dixie 8:30am-9:15am	
Joints in Motion w/Jessie 9:15am-10:00am	AquaFit w/Dixie 9:15am-10:00am	Joints in Motion w/Jessie 9:15am-10:00am	AquaFit w/Dixie 9:15am-10:00am			
BodyBoss (land) w/Kasey 12:15-12:45pm		BodyBoss (land) w/Kasey 12:15-12:45pm		BodyBoss (land) w/Kasey 12:15-12:45pm		
Please Note Class Time Changes!!!!	Please Note Class Time Changes!!!!	Please Note Class Time Changes!!!!	Please Note Class Time Changes!!!!	Please Note Class Time Changes!!!!	Please Note Class Time Changes!!!!	
				Pool Closes at 3:00pm	Pool Closes at 12:00pm	Pool Closes at 12:00pm
	4:15pm-5:00pm Swim Lessons				<i>No Classes Saturday, September 1st, 2018 Pool will be CLOSED September 3, 2018 Swim Lessons start the week of September 17, 2018</i>	
AquaBody Strong 5:15pm-6:00pm Must be pre-registered	AquaCise w/Dixie 5:15pm-6:00pm	AquaBody Strong 5:15pm-6:00pm Must be pre-registered	Rock Solid w/Kimeen 5:15pm-6:00pm			
6:00pm-6:45pm Swim Lessons			6:00pm-6:45pm Swim Lessons			
