

# River Cities Community Pool Schedule

## November 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
		AquaBody Strong 5:30am-6:15am Must be pre-registered	Cardio Stix (Land) 5:45am – 6:20am	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 2 Saturdays a month	
AquaLite w/Karie 7:15am-8:00am	Shallow Intervals w/ Kasey 6:00am-6:45am	AquaLite w/Karie 7:15am-8:00am		AquaLite w/Karie 7:15am-8:00am		
Deep Challenge w/Jessie 8:15am-9:00am	Shallow Intervals w/ Kasey 8:15am-9:00am	Fluid Yoga w/Kasey 8:15am-9:00am	Deep Challenge w/Kasey 8:15am-9:00am	AquaBurn w/ Kasey 8:15am-9:00am	AquaBootcamp w/Dixie 8:30am-9:15am	
	AquaFit w/Dixie 9:15am-10:00am		AquaFit w/Dixie 9:15am-10:00am			
10:30-11:15am Swim Lessons						
BodyBoss (land) w/Kasey 12:15-12:45pm		BodyBoss (land) w/Kasey 12:15-12:45pm		BodyBoss (land) w/Kasey 12:15-12:45pm		
<b>Due to low attendance, some classes have been canceled.</b>			<b><u>Pool will be closed November 22, 2018</u></b>	Pool Closes at 3:00pm	Pool Closes at 3:00pm	Pool Closes at 3:00pm
<ul style="list-style-type: none"> <li><b>All Aqua classes are subject to change, must have 3 participants to hold class</b></li> </ul>				<b>Please take note of class changes:</b> <b><u>NO CLASSES:</u></b> <b>Saturday, November 3<sup>rd</sup></b> <b>6:15am November 5<sup>th</sup></b> <b>5:15pm November 6<sup>th</sup></b> <b>6:15am November 7<sup>th</sup></b> <b>6:15am November 19<sup>th</sup></b> <b>9:15am &amp; 5:15pm November 20<sup>th</sup></b> <b>6:15am &amp; 9:15am November 21<sup>st</sup></b> <b>Pool Closed November 22<sup>nd</sup></b> <b>Pool open November 23<sup>rd</sup> 8:15am class only</b>		
	4:15pm-5:00pm Swim Lessons			<b>Please take note of class changes:</b> <b><u>NO CLASSES:</u></b> <b>Saturday, November 3<sup>rd</sup></b> <b>6:15am November 5<sup>th</sup></b> <b>5:15pm November 6<sup>th</sup></b> <b>6:15am November 7<sup>th</sup></b> <b>6:15am November 19<sup>th</sup></b> <b>9:15am &amp; 5:15pm November 20<sup>th</sup></b> <b>6:15am &amp; 9:15am November 21<sup>st</sup></b> <b>Pool Closed November 22<sup>nd</sup></b> <b>Pool open November 23<sup>rd</sup> 8:15am class only</b>		
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			