

# River Cities Community Pool Schedule

## May 2019

River Cities Community Pool Schedule						
May 2019						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap/Walk/Open 5:00-2:00pm	Lap/Walk/Open 5:00-2:00pm	Lap/Walk/Open 5:00-2:00pm	Lap/Walk/Open 5:00-2:00pm	Lap/Walk/Open 5:00-2:00pm	Lap/Walk/Open 6:30-2:00pm	Lap/Walk/Open 10:30-2:00pm
		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		
AquaLite w/Karie 7:15am-8:00am		AquaLite w/Karie 7:15am-8:00am		AquaLite w/Karie 7:15am-8:00am	AquaBody Strong, classes held the 4 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> 7:30am-8:15am Must be pre-registered	
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/Jessie 8:15am-9:00am	AquaBurn w/ Kasey 8:15am-9:00am		
9:15 -10:00am Homeschool Swim Lessons <span style="background-color: yellow;">(last lesson 5-20-19)</span>	AquaFit w/Dixie 9:15am-10:00am		AquaMotion w/Helenea 9:15-10:00am			
Pool closes at 2:00	Pool closes at 2:00	Pool closes at 2:00	Pool closes at 2:00			
Lap/Walk/Open 4:00-6:00pm	Lap/Walk/Open 4:00-6:00pm	Lap/Walk/Open 4:00-6:00pm	Lap/Walk/Open 4:00-6:00pm	Pool closes at 2:00	Pool closes at 2:00	Pool closes at 2:00
				<b>The pool will be CLOSED Memorial Day, May 27, 2019</b>		
	Swim Lessons 4:15pm-5:00pm <span style="background-color: yellow;">(last lesson 5-14-19)</span>		5:15pm-6:00pm AquaDrenched w/Kasey			
	AquaCise w/Dixie 5:15pm-6:00pm	AquaBody Strong 5:30pm-6:15pm Must be pre-registered	Swim Lessons 6:00pm-6:45pm <span style="background-color: yellow;">(last lesson 5-16-19)</span>			

			<b>Swim Lessons 6:00pm-6:45pm</b>	
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