

River Cities Community Pool Schedule

June 2019

River Cities Community Pool Schedule						
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap/Walk/Open 5:00am-6:00pm	Lap/Walk/Open 5:00am-6:00pm	Lap/Walk/Open 5:00am-6:00pm	Lap/Walk/Open 5:00am-6:00pm	Lap/Walk/Open 5:00-2:00pm	Lap/Walk/Open 6:30-2:00pm	Lap/Walk/Open 10:30-2:00pm
	BodyBoss Bootcamp (land) 5:15am-6:00am		Yoga (land) w/Bobbi 6:00-6:45am			
AquaWake w/Dixie 6:15am-7:00am	Yoga (land) w/Bobbi 6:00-6:45am	AquaWake w/Dixie 6:15am-7:00am	AquaWake w/ 6:15am-7:00am			
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 1 st and 15 th 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/DeeDee 8:15am-9:00am	Deep Challenge w/Jessie 8:15am-9:00am	AquaBurn w/ Kasey 8:15am-9:00am	AquaCise w/Dixie 8:30am-9:15am	
	AquaFit w/Dixie 9:15am-10:00am					
Swim Lessons 9:30am-10:30am		Swim Lessons 9:30am-10:30am				
Swim Lessons 10am-11am	Swim Lessons 10am-11am	Swim Lessons 10am-11am	Swim Lessons 10am-11am			
Swim Lessons 12pm-1pm	Swim Lessons 12pm-1pm	Swim Lessons 12pm-1pm	Swim Lessons 12pm-1pm			
Swim Lessons 1:30pm-2:30pm	Swim Lessons 1:30pm-2:30pm	Swim Lessons 1:30pm-2:30pm	Swim Lessons 1:30pm-2:30pm	Pool closes at 2:00	Pool closes at 2:00	Pool closes at 2:00
	AquaCise w/Dixie 5:15pm-6:00pm		5:15pm-6:00pm Rock Solid w/Kimeen	Please check schedule for summer lessons! Pool will remain OPEN from 5am-6pm Monday – Thursday to accommodate lap swimmers and water walkers during our busy season of lessons.		
Pool closes at 6:00pm	Pool closes at 6:00pm	Pool closes at 6:00pm	Pool closes at 6:00pm			