

# River Cities Community Pool Schedule

**January 2020** (715) 735-0585 [www.rivercitiespool.org](http://www.rivercitiespool.org) 1125 University Drive, Marinette, WI 54143

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap/Walk/Open 5:00am-1:30pm	Lap/Walk/Open 5:00am-1:30pm	Lap/Walk/Open 5:00am-1:30pm	Lap/Walk/Open 5:00am-1:30pm	Lap/Walk/Open 5:00-1:30pm	Lap/Walk/Open 6:30-1:30pm	Lap/Walk/Open 10:30-1:30pm
	BodyBoss Bootcamp (land) 5:15am-6:00am		AquaBody Strong Board 5:15am-6:00am			
	Yoga (land) w/Bobbi 6:00-6:45am			Yoga (land) w/Bobbi 6:00-6:45am		
AquaWake w/Dixie 6:15am-7:00am		AquaWake w/Dixie 6:15am-7:00am	AquaWake w/Dixie 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 11 <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	AquaCise 8:30am-9:15am	
	AquaMotion w/Helenea 9:15am-10:00am	Rock Solid w/Kimeen 9:15am-10:00am	AquaMotion w/Helenea 9:15am-10:00am			
Pool closes at 1:30	Pool closes at 1:30	Pool closes at 1:30	Pool closes at 1:30	Pool closes at 1:30	Pool closes at 1:30	Pool closes at 1:30
	Lap/Walk/Open 4:00pm-6:30pm	Lap/Walk/Open 4:00pm-6:30pm	Lap/Walk/Open 4:00pm-6:30pm			
5:00-6:00pm OPEN SWIM	AquaFit w/Dixie 5:15pm-6:00pm	Wednesday evening classes held the 15 <sup>th</sup> & 29 <sup>th</sup> 5:30pm- 6:15pm AquaBody Strong Board Class	AquaDrenched w/Jessie 5:15pm-6:00pm	<b>1<sup>st</sup> 2 Sundays of January (4<sup>th</sup> &amp; 11<sup>th</sup>) are FREE Family Day at RCCP! We will be closed New Year's Day.</b>		
Swim Lessons 4:15-5:00pm 6:00 – 6:45pm	Pool closes at 6:30pm	Hot & Humid Deck Yoga 6:30-7:15pm January 15th ONLY	Pool closes at 6:30pm			