



River Cities Community Pool Schedule

September 2021 (715) 735-0585 www.rivercitiespool.org 1125 University Drive, Marinette, WI 54143

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim 5am-1pm	Open Swim 5am-1pm	Open Swim 5am-1pm	Open Swim 5am-1pm	Open Swim 5am-1pm	OPEN SWIM 6am -11am	OPEN SWIM 10am - 2pm
	Land Interval Training w/Martin 5:15a		Land Kettle Bell w/Martin 5:15a			
7am Aqua Deep Drenched w/Liz	Land Yoga w/ Bobbie 6am-6:45am	7am Aqua Drenched w/Liz	Land Yoga w/ Bobbie 6am-6:45am	7am Aqua Drenched w/Liz		
8am Deep Challenge w/Liz	8am AquaMix w/Karie	8am AquaYoga w/Karie	8am ShaDeep w/DeeDee	8am Shallow Intervals w/Jessie		
9am Aqua Strong for Beginners w/Karie						
OPEN SWIM 4pm -7pm	OPEN SWIM 4pm -7pm	OPEN SWIM 4pm -7pm	OPEN SWIM 4pm -7pm	OPEN SWIM 4pm -7pm		
UNTIL 9/20!						
Swim Lessons: 4:15-5, 6-6:45pm	5pm AquaFit w/Dixie		5pm AquaFit w/ Dixie			

Please Note:

CLOSED LABOR DAY

Swim Lessons Begin 9/20/21 only open swim time will be from 5p-6p on Monday Evenings

Aqua Strong for beginners is just how it sounds, trying the boards out, getting on and off trying to stand up and balance, Come check it out, give it a try!