

River Cities

Community Pool Association

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Fall Issue 2022

1125 University Drive, Marinette WI, 54143
715-735-0585 www.rivercitiespool.org

Membership Communication

The pool programming will be moving from a monthly to a trimester schedule system for consistency purposes. Annually 3 sessions will occur: Fall: September-December; Winter: January-May; Summer: June-August. The goal is to provide longer-term consistency with hours and class offerings allowing you to plan your time at RCCPA.

At this time, due to a staffing shortage, Friday Evening and Sunday open swim will remain closed until further notice. Once lifeguards are secured and properly certified the pool hours can be extended. If you are interested or know of anyone who might like to lifeguard a few hours a week,, please direct them Amy at akretzrccpa@gmail.com or call at (715) 735-0585. Employees receive free or reduced membership rates.

At the beginning of each new trimester, a **locker Inventory** has been conducted to ensure we are billing the correct people for locker rental. If you have a lock on a locker and have not paid by withdrawal or advance payment, an inquiry message will be sent to determine if you plan to continue locker rental.

Wednesday Morning Coffee Clutch! Join us every Wednesday morning to socialize after the 9 a.m. class to connect with RCCPA Friends! Hosted in the Lobby area across from the gym. Ground coffee donations or K-Cups are welcome and treats will never be turned away!

We are excited to announce effective September 6, Amy Kretz RCCPA Executive Director will move her office. She will relocate from the pool Area to Room 103 is located near the reception desk just past the men's and women's locker room. This location provides an appropriate climate-controlled environment to meet with members, conduct work and preserve technology. With the exception of offsite meetings and time off, you can expect to find Amy near this reception/ office area Monday through Friday from 8 to 11 am. As always, the lifeguard on duty is happy to assist you with your needs and you can email Amy at akretzrccpa@gmail.com or call (715) 735-0585.



KUDOS KORNER

- Jayne Drys: donation of July's raffle basket.
- Liz Goudreau for the beautiful quilt donation.
- Mare Hare for the marketing & advertisement donation.
- Gary McMahon: the care and décor of the pool area. Replacing items in need every week.
- Helenea Bates for facilitating AquaWake Class.
- The Board of Directors that work diligently behind the operation.
- Steve Kars for purchasing the new basketball hoop.
- Rose Vaness for donating September's raffle basket.
- Marinette Womens Club monetary donation.
- Dixie for raising dollars for the new pool clock.



Swim Lessons: Fall sessions of swim lessons begin September 19th. They will run every Monday for 6 weeks. We have two time slots available 5pm and 6pm. Cost is \$65 for the 6 weeks. Contact the pool to sign your child signed up.

**Bucket Raffle Winners
Congratulations!**

**July's Bucket Raffle Winner:
Rose Vaness!**

**Quilt Auction Winner:
Bid of \$375!
Anonymous Donor!**

Water Fitness Fact

Aquatic exercise is easier on the body. When exercise feels better, it is perceived to be more enjoyable, and pleasurable exercise appears to improve quality of life. Quality of life is widely believed to include three facets – physical, social, and mental aspects. Exercise, including aquatic formats, can improve muscle strength and endurance, in addition to other physical components. Exercising in a group setting promotes socialization and fosters encouragement among individuals. The water allows greater ease of movement without the fear of losing balance or falling, which can increase self confidence. An increase in confidence will improve one's mental outlook.

Housekeeping Notes

- **Locker Project!** New lockers are proposed for the pool. More information coming soon!
- **New LED Lights will be installed in the Pool Area.** Thank you UWGB and your partnership!
- **Tiles: check out the new tiles from our generous donors. Let's keep the wall growing! Leave a Legacy!**
- **Pool Clock arriving soon...**

SAVE THE DATES

- ◇ Kids Triathlon: October 8th...please consider volunteering and helping the pool out on this fun day! Registration and volunteers are needed for the kids in our community 10:30am-1pm. Please see Amy for sign up!



Special SHOUT OUT with appreciation to:
M&M Area

Community Foundation

In receiving the Youth Field of Interest Grant of \$10,000. Thank you for believing in our mission to serve the youth in this beautiful community!

Jack's Fresh Markets

Rounding up grocery opportunity. Also, thank you for those who graciously donated!



February 4, 2023

River Cities Community Pool Membership Fees

Fees include Sales Tax	Monthly Dues with Bank Draft	Annual Dues	Short-term Dues (minimum 3 months, includes \$10 per mo. Surcharge)
Adult	\$45.00	\$540.00	\$165.00/3 months
Senior Wellness Insurance Member	Free of charge Must show Insurance		Insurance Programs of Silver & Fit, Silver Sneakers, Renew Active Reimbursement to RCCPA for up to 10 times a month/\$30 fulfillment.
Youth	\$30.00		
Family	\$75.00	\$900.00	\$255.00/3 months
UWGB Staff and Students	Free of charge Must show their ID		
RCCPA Staff	Free of charge		Only available to staff that preform more than 10 hours a payperiod.
RCCPA Staff Family	\$30.00		Available to staff that perform more than 10 hours a payperiod.

- Payment can be paid by bank draft, in full for the year, or three month minimum.
- Checks are made payable to: **RCCPA**
- Bank draft is the best option and encouraged.
- They must fill out bank draft form and attach VOIDED check
- New memberships can be pro-rated.
- If between 1st and 15th of month – Full amount is due & bank draft is encouraged.
- If after the 15th of the month – One half is due & bank draft is encouraged.
- Watch for Trimester News: *Fall, Winter, Summer* Course Offering Information, Swim Lessons Registration, and Newsletter.
- Water classes included with Membership.

Miscellaneous Fees

Day Pass for Youth 0-15 age	\$3.00
Day Pass for Adult 15+	\$5.00
Day Pass for Family	\$15.00
Water Fitness Classes	\$5.00 per class (daily pass)
10 Class/Visit Card	\$45 does not need to be used consecutively

Locker Fees

Full-size locker: \$5.00 per mo.	Half-size locker: \$3.50 per mo.
6 months locker fee	Full: \$30.00 Half: \$21.00
12 months locker fee	Full: \$60.00 Half: \$42.00

September-December 2022 Pool Schedule

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 -1pm	CLOSED HOURS UNTIL FURTHER NOTICE
	Land Interval Train- ing w/Martin 5:15am		Land Kettle Bell w/Martin 5:15am			
	Land Yoga w/ Bob- bie 6am-6:45am		Land Yoga w/ Bobbie 6am-6:45am			
8:15am-9am Aqua Deep Drenched w/Liz	8:15am-9am AquaFit w/Dixie	8:15am-9am AquaYoga w/Dixie	8:15am-9am Deep Water Challenge w/Liz	8:15am-9am Shallow Intervals w/Jessie	8:15am-9am Water Mixup w/Rotating Instructors	
9am-9:45am Joints in Motion w/Karie			9am-9:45 Joints in Mo- tion w/Karie			
*OPEN SWIM 4pm -6pm	OPEN SWIM 4pm -6pm	OPEN SWIM 4pm -6pm	OPEN SWIM 4pm -6pm	NO EVENING HOURS UNTIL FURTHER NO- TICE		
5pm-5:45pm Aqua Drenched w/Liz *	5pm-5:45pm AquaFit w/Dixie	5pm-5:45pm Aqua Drenched w/Liz	5pm-5:45pm AquaFit w/ Dixie			
*September 19- October 24 th SWIM LESSONS *NO CLASS ON Monday Evenings for these 6weeks			6-7pm Underwater Hockey			

Programming Notes:

- RCCPA has moved to a TRIMESTER PROGRAMMING SCHEDULE: FALL/WINTER/SUMMER
- Must have at least 4 people in any class to conduct the class
- September 19th-October 24th SWIM LESSONS for 6 weeks (no classes from 4-7pm)
- Text RCCP2 to 84483 for any pool closures
- Closure: September 5th Labor Day
- Early Closure: September 9th at 10am for a WPS power shut down
- Closure: October 8th: RCCPA Kids Triathlon
- Closure: November 24th Thanksgiving

- Aquafit: shallow, moderate intensity
- Aqua Drenched: deep & shallow, high intensity
- Joints in Motion: shallow, low intensity
- Shallow intervals: high intensity
- Saturday Classes: mix up variety