

## **Schedule effective Janury 2024**

email: RCCPDirector@gmail.com

www.rivercitiespool.org 1125 University Drive, Marinette, WI 54143

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
5am-1pm	7am-Noon	5am-1pm	7am-Noon	5am-1pm	7am-11am	10am-2pm
	Land Yoga		Land Yoga			
	w/Bobbie		w/Bobbie			
	6am-6:45am		6am-6:45am			
		<b>7:15am-8am</b> Aqua Deep Drenched/Shallow Option w/Liz				
8:15am-9am Aqua Deep Drenched/Shallow Option w/Liz	<b>8:15am-9am</b> Circuits H2O w/ Jessie	<b>8:15am-9am</b> Aqua Yoga w/ Karie	<b>8:15am-9am</b> Deep Water Challenge w/Liz	8:15am-9am Shallow Intervals w/Jessie	8:15am-9am Aqua Fitness w/Rotating Instructor	
9am-9:45am			9am-9:45a			
Joints in Motion			Joints in Motion			
w/ Karie			w/ Karie			
Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool <b>Closes</b> at	Pool <b>Closes</b> at	Pool <b>Closes</b> at
1pm-4pm	Noon-4pm	1pm-4pm	Noon-4pm	1pm	11am	2pm
Open Swim <b>4-5pm</b> Open Gym <b>4-7pm</b>	Open Swim	Open Swim	Open Swim			
	Open Gym	Open Gym	Open Gym			
	4-7pm	4-7pm	4-7pm			
5-7pm	5pm-6pm	5pm-6pm	5pm-6pm			
Swim Lessons	AquaFit	AquaYoga	AquaFit			
<b>NO OPEN SWIM</b>	w/Dixie	w/Dixie	w/Dixie			

Notes: Extended hours on Monday, Wednesday and Friday!

**Added Sunday Hours!** 

No Open Swim on Mondays 5-7pm during Swim Lessons

No 5:15am Land Classes on Tuesday and Thursday

Must have at least 4 people in any class to conduct the class. Text RCCP3 to 88483 to receive text information on pool closures.