

POOL SCHEDULE | DEC - FEB

MONDAY

TIME	CLASS
5:00-6:00am	Open Swim
6:00-7:15am	Masters Swim with Nick
7:15-8:00am	Open Swim
8:00-9:00am	H2O Strength/Cardio Intervals with Tracy
9:00-12:00pm	Open Swim
12:15-1:15pm	H2O Cardio with Shelly
1:15-4:00pm	Open Swim
4:00-5:00pm	RAC YOUTH SWIM LESSONS
5:00-6:30pm	RAC SWIM TEAM (pool closed)
6:00-7:30pm	VORTEX Swim Team
6:30-11:45pm	Open Swim

TUESDAY

TIME	CLASS
5:00-9:00am	Open Swim
9:00-10:00am	Aqua Tabata with Tracy
10:00-12:00pm	Open Swim
12:00-1:00pm	Masters Swim with Meghan
1:00-4:30pm	Open Swim
4:30-5:30pm	RAC SWIM TEAM (pool closed)
★ 6:00-7:00pm	HIT The Water with Meghan
7:00-11:45pm	Open Swim

WEDNESDAY

TIME	CLASS
5:00-6:00am	Open Swim
6:00-7:15am	Masters Swim with Nick
7:15-8:00am	Open Swim
8:00-9:00am	H2O Strength/Cardio Intervals with Tracy
9:00-12:00pm	Open Swim
12:15-1:15pm	Yobolates with Irene
1:15-4:00pm	Open Swim
4:00-5:00pm	RAC YOUTH SWIM LESSONS
5:00-6:30pm	RAC SWIM TEAM (pool closed)
6:00-7:30pm	VORTEX Swim Team
6:30-11:45pm	Open Swim

THURSDAY

TIME	CLASS
5:00-9:00am	Open Swim
9:00-10:00am	Aqua Tabata with Tracy
10:00-12:00pm	Open Swim
12:00-1:00pm	Masters Swim with Meghan
1:00-4:30pm	Open Swim
4:30-5:30pm	RAC SWIM TEAM (pool closed)
★ 6:00-7:00pm	HIT The Water with Meghan
7:00-11:45pm	Open Swim

FRIDAY

TIME	CLASS
5:00-6:00am	Open Swim
6:00-7:15am	Masters Swim with Nick
7:15-8:00am	Open Swim
8:00-9:00am	H2O Strength/Cardio Intervals with Tracy
9:00-12:00pm	Open Swim
12:15-1:15pm	H2O Strength/Cardio Intervals with Irene
1:15-4:30pm	Open Swim
4:30-6:30pm	VORTEX Swim Team
4:30-11:45pm	Open Swim

SATURDAY

TIME	CLASS
6:00-10:00am	Open Swim
10:00-11:00am	RAC YOUTH SWIM LESSONS
11:00-9:45pm	Open Swim

SUNDAY

TIME	CLASS
6:00am-9:45pm	Open Swim

★ New Class **Class Participation LOW**

Please note:

- Open Swim is NOT available during Water Fitness Classes OR Swim Lesson times.
- Two lanes are available during Vortex Swim Team.
- The pool area, including hot tub, steam room & sauna, will close 15 minutes prior to the club closing time.

Lap Swimmers:

- *One lap lane is guaranteed during water fitness class times.
- The pool is CLOSED during swim team practice.

AQUA TABATA

Cardio focused aqua class designed to follow the Tabata workout of 20 second intense cardio and 10 second recovery. We maintain this format for 30-40 minutes with a variety of fun, aqua exercises. Class kicks off with 10 minutes of an active warmup and ends with 10 minutes of toning and stretching. Be sure and bring a water bottle.

HIT THE WATER

High intensity interval training in the pool, an hour long strength and cardio workout with low impact and high resistance. The class will work on overall cardio fitness and strength specific training, with a flexibility segment at the end of class.

H2O CARDIO

This class will focus on aerobic fitness with a portion at the end of class spent on muscular specific strengthening and flexibility.

H2O STRENGTH/CARDIO INTERVALS

This class combines both muscular strengthening exercises and aerobic intervals to give you a full body workout in the water.

MASTERS SWIM

This swim group is designed to accommodate all levels, ages 18+, looking for a great lap swim workout. Bring structure to your current swim workout, help with stroke technique, improve overall fitness, enjoy a group workout all while taking your swim training to another level.

YOBOLATES

This class mixes the elements of yoga, kickboxing, and Pilates. These three sports effectively work together and are an excellent combination for a fantastic workout giving you an interval format combining endurance training, strength and flexibility.

YOUTH SWIM LESSONS

Group lessons are for children ages 3 and up and are separated by level after individual assessment. Our instructors will guide children through a series of skills designed to keep them comfortable in the water and teach proper technique of each of the four competitive swimming strokes.

YOUTH SWIM TEAM

Our Swim Team is for children ages 5 and up. It is a great way to build swimming skills, make friendships, and build character. Coach Nick, Coach Kim and Coach Meghan focus on technique and building skills.

VORTEX SWIM TEAM

For more information visit <http://www.teamvortex.org>. Open swim is available during this time.

OPEN SWIM

Pool is open for all members to use free swim or lap swim in designated lap lanes. Reminder: Anyone under the age of 12 must be supervised by an adult at all times. Any child under the age of 5 must have an adult in the pool within arms reach.