POOL SCHEDULE | SPRING (MAY)

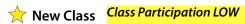
MONDAY	
TIME	CLASS
5:00-6:00am	Lap Swim
6:00-7:15am	Masters Swim with Nick
7:15-8:00am	Lap Swim
8:00-9:00am	H2O Strength/Cardio Intervals with Tracy
9:00-12:30pm	Lap Swim
12:30-1:30pm	H2O Cardio with Shelly
1:30-4:00pm	Open Swim
4:00-5:00pm	RAC YOUTH SWIM LESSONS
5:00-6:00pm	RAC STROKE CLINIC (pool closed)
6:00-11:45pm	Open Swim
	TUESDAY
TIME	CLASS
5:00-9:15am	Lap Swim
9:15-10:00am	Aquabata with Tracy
10:00-4:30pm	Open Swim
5:00-6:00pm	RAC STROKE CLINIC (pool closed)
6:00-7:00pm	HIT The Water with Meghan
7:00-8:00pm	Masters Swim with Meghan
8:00-11:45pm	Open Swim
	WEDNESDAY
	WEDNESDAI
TIME	CLASS
TIME 5:00-6:00am	
	CLASS
5:00-6:00am	CLASS Lap Swim
5:00-6:00am 6:00-7:15am	CLASS Lap Swim Masters Swim with Alyssa
5:00-6:00am 6:00-7:15am 7:15-8:00am	CLASS Lap Swim Masters Swim with Alyssa Lap Swim
5:00-6:00am 6:00-7:15am 7:15-8:00am 8:00-9:00am	CLASS Lap Swim Masters Swim with Alyssa Lap Swim H2O Strength/Cardio Intervals with Tracy
5:00-6:00am 6:00-7:15am 7:15-8:00am 8:00-9:00am 9:00-12:30pm	CLASS Lap Swim Masters Swim with Alyssa Lap Swim H2O Strength/Cardio Intervals with Tracy Lap Swim
5:00-6:00am 6:00-7:15am 7:15-8:00am 8:00-9:00am 9:00-12:30pm 12:30-1:30pm	CLASS Lap Swim Masters Swim with Alyssa Lap Swim H2O Strength/Cardio Intervals with Tracy Lap Swim H2O Cardio with Shelly
5:00-6:00am 6:00-7:15am 7:15-8:00am 8:00-9:00am 9:00-12:30pm 12:30-1:30pm 1:30-4:00pm	CLASS Lap Swim Masters Swim with Alyssa Lap Swim H2O Strength/Cardio Intervals with Tracy Lap Swim H2O Cardio with Shelly Open Swim

	THURSDAY	
TIME	CLASS	
5:00-9:00am	Lap Swim	
9:15-10:00am	Aquabata with Tracy	
10:00-12:00pm	Open Swim	
12:00-12:45pm	Masters Lite with Alyssa	
1:00-5:00pm	Open Swim	
5:00-6:00pm	RAC STROKE CLINIC (pool closed)	
6:00-7:00pm	HIT The Water with Meghan	
7:00-11:45pm	Open Swim	
FRIDAY		
TIME	CLASS	
5:00-6:00am	Lap Swim	
6:00-7:15am	Masters Swim with Nick	
7:15-8:00am	Lap Swim	
8:00-9:00am	H2O Strength/Cardio Intervals with Tracy	
9:00-12:30pm	Lap Swim	
12:30-1:30pm	H2O Cardio with Shelly	
1:30-11:45pm	Open Swim	
SATURDAY		
TIME	CLASS	
6:00-9:30am	Lap Swim	
9:30-11:00am	RAC YOUTH SWIM LESSONS	
11:00-9:45pm	Open Swim	
SUNDAY		
TIME	CLASS	
6:00am-9:45pm	Open Swim	

- Open Swim is NOT available during Water Fitness Classes OR Swim Lesson times.
- Open Swim is 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.
- 10 or more participants in a water fitness class will take 3 lanes.
- The pool is CLOSED during RAC swim team practice.



AOUA 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.

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 FUSION

This combo class mixes power, running, kickboxing, strength, and relaxation using the resistance of the water and three types of aquatics equipment.

H2O STRENGTH/CARDIO INTERVALS

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

LAP SWIM

The entire pool is designated for lap swim. Members may have all 3 ropes in creating 4 lanes. Slower lanes are closer to the stairs. Please use circle swimming when 3 or more people in a lane.

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.

YOUTH SWIM LESSONS

Group lessons are for children ages 6 months 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 for free swim or lap swim in the two designated lap lanes.

YOUTH POLICIES:

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.