

# 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

TIME	CLASS
5:00-6:00am	Lap Swim
6:00-7:15am	Masters Swim with Alyssa
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

## 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

### Please note:

- 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.

### **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.

### **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.