

POOL SCHEDULE | DECEMBER

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 |
| 9:00-4:00pm | 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 |
| 7:30-11:45pm | Open Swim |

TUESDAY

| TIME | CLASS |
|--------------|-----------------------------|
| 5:00-9:15am | Lap Swim |
| 9:15-10:00am | Aquabata with Tracy |
| 10:00-4:30pm | Open Swim |
| 4:30-6:00pm | RAC SWIM TEAM (pool closed) |
| 6:00-7:00pm | HIT The Water with Roz |
| 7:00-8:00pm | Masters Swim with Chris |
| 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 |
| 9:00-4:00pm | 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 |
| 7:30-11:45pm | Open Swim |

THURSDAY

| TIME | CLASS |
|---------------|-----------------------------|
| 5:00-9:15am | Lap Swim |
| 9:15-10:00am | Aquabata with Tracy |
| 10:00-12:00pm | Open Swim |
| 12:00-12:45pm | Masters Lite with Alyssa |
| 1:00-4:30pm | Open Swim |
| 4:30-6:00pm | RAC SWIM TEAM (pool closed) |
| 6:00-7:00pm | HIT The Water with Roz |
| 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 |
| 9:00-4:30pm | Open Swim |
| 4:30-6:00pm | VORTEX Swim Team |
| 6:30-11:45pm | Open Swim |

SATURDAY

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

SUNDAY

| TIME | CLASS |
|--------------|-----------|
| 6:00am-9:45p | Open Swim |

Please note:

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



New Class

Class Participation LOW

AQUABATA

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 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.

RAC 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, where our coaches focus on technique and building skills.

VORTEX SWIM TEAM

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

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.

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.

