

POOL SCHEDULE | MARCH

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
9:00-12:15pm	Lap Swim
★ 12:15-1:00pm	Land Turned Water with Mel
1:00-4:00pm	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
10:00-11:15am	Open Swim
11:15-12:00pm	Swim Fit with Alyssa
12:00-4:30pm	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 TRI 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
9:00-12:15pm	Lap Swim
★ 12:15-1:00pm	Land Turned Water with Mel
1:00-4:00pm	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
10:00-10:30am	Open Swim
10:30-11:00am	RAC PARENT/TOT SWIM LESSONS
11:15-12:00pm	Masters Lite with Alyssa
12:00-4:30pm	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
6:00-9:30am	Lap Swim
9:30-11:00am	RAC YOUTH SWIM LESSONS
11:00-9:45pm	Open Swim

SUNDAY

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



New Class

Class Participation LOW

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.

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.

LAND TURNED WATER

Take what you would do on the ground into the pool! Get your mind (& body) thinking of these: jumping jacks, cross country or downhill skiing, jump roping, hamstring curls, kicks, boxing, weights... All this - done in the pool... add resistance with low to non-impact. This class is perfect for any *body*.... from teens to college students, middle age to seniors, and both women & men. If you're new to fitness or a pool veteran, this class will be a great benefit to your workout routine.

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.

MASTERS LITE

Masters Lite is a lighter version of Masters. We focus on technique with a balance of speed and endurance. Expect to swim approximately 1,500 meters (1 mile) in this 45 minute class. This is a goal – not everyone will complete the entire workout. *Minimum requirements - Having basic swimming skills is a prerequisite and we recommend that newcomers be able to swim a 50*

MASTERS TRI

This class is designed for those multi-sport athletes that want a structured swim workout designed to improve that portion of their race. Work on open water technique, efficiency, endurance, and pacing to have the best first part of your race. *Minimum requirements - Must be able to swim a 100 straight*

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.

SWIM FIT

SwimFit is a class that incorporates lap swimming and functional exercises. The class includes a warm up, technique section, and a swimming / CrossFit section. *Minimum requirements - Must be able to swim a 50 straight - High Intensity.*

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.