

# Rivers Cities Community Pool Schedule

## September 7th-September 30th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap/H2O Walk 2 lanes 7-8:00am 5:00-9:00am	Lap/H2O Walk  5:00-9:30am	Lap/ H2O Walk 2 lanes 7-8:00am 5:00-9:00am	Lap/H2O Walk  5:00-9:30am	Lap/ H2O Walk 2 lanes 7-8:00am 5:00-9:00am	Lap/ H2O Walk  6:30-9:30am	Closed
Pump & Power 7:00-8:00am	Shallow Water Interval 8:15-9:00am	Pump & Power 7:00-8:00am	Deep Challenge 8:15-9:00am 2 lap lanes open	Pump & Power 7:00-8:00am		
Deep Challenge 8:15-9:00am 2 lap lanes open		Fluid Yoga 8:15-9:00am Shallow end		Aqua Strength /Fluid Yoga 8:15-9:00am		
Joints in Motion 9:15-10:00am		Joints in Motion 9:15-10:00am		"Lively" Joints in Motion 9:15-10:00am		
Open 9:30-11:30am		Open 9:30-11:30am		Deep H2O Walk/ Lap 9:00-11:30am		
Swim Lesson 10:15-11:00am starts 9/13		Swim Lesson 10:15-11:00am starts 9/13				
Lap/Walk  11:30-1:30pm	Lap/Walk  11:30-1:30pm	Lap/Walk  11:30-1:30pm	Lap/Walk  11:30-1:30pm	Lap/Walk  11:30-1:30pm		
Pool closed 1:30-4:00p.m.						
Lap/H2O/Open 4:00-5:15p.m.	Lesson 4:15-5:00pm starts 9/14	MHS Swim Team 3:45-5:45pm 4-lanes	Lap/H2O/Open 4:00-6:15pm	MHS Swim Team 3:45-5:30pm		
Deep H2O Challenge 5:15-6:00pm		Lap/H2O 5:00-6:30pm	Aqua Boot Camp 5:15-6:15pm			
Swim Lessons 6:00-6:45pm starts 9/13	Lap/H2O 5:00-6:45pm		MHS Swim Team 6:15-8:00pm			
	Aqua Zumba 5:15-6:00pm					
MHS Swim Team 6:45-8:45pm	Lesson 6:15-6:45pm starts 9/14					

Check out [www.rivercitiespool.org](http://www.rivercitiespool.org) for updated schedules & class information.  
Locker rooms close 15 minutes after pool.

---