



THE COMMUNITY POOL

Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim 6:00am - 3:00pm	Lap Swim 8:30am - 3:00pm 6:30pm - 8:00pm	Lap Swim 6:00am - 3:00pm	Lap Swim 8:30am - 3:00pm 6:30pm - 8:00pm	Lap Swim 6:00am - 3:00pm	Lap Swim 9:00am - 3:00pm	Lap Swim 12:00pm - 4:00pm
Aquacise 8:30 - 9:30am Aqua-Energy w/ Leslie	Adult Swim Instruction 1:00 - 2:00pm	Aquacise 8:30 - 9:30am Aqua-Fusion	Adult Swim Instruction 8:30 - 9:30am	Aquacise 8:30 - 9:30am Aqua Firm w/ Lenny	Adult Swim Instruction 9:00am-10:00am	
10:30 - 11:30am Aqua-Movement w/ Kelly	Aquacise 10:30 - 11:30am Aqua Firm w/ Lenny	10:30 - 11:30am Aqua-Movement w/ Leslie	Aquacise 10:30 - 11:30am Aqua Fusion w/ Katen	10:30 - 11:30am Aqua-Movement w/ Kelly	Aquacise 10:00am-11:00am Head to Toe Aqua-Cardio w/ Leslie	
Team Swimming 4:00 - 5:30pm High School / Storm Swim Team (13 & older)	6:30 - 7:30pm Head to Toe Aqua-Cardio w/ Leslie	Team Swimming 4:00 - 5:30pm High School / Storm Swim Team (13 & older)	6:30 - 7:30pm Head to Toe Aqua-Cardio w/ Leslie	Team Swimming 4:00 - 5:30pm High School / Storm Swim Team (13 & older)	Family Swim 12:00pm-3:00pm	Family Swim 12:00pm - 4:00pm
5:30 - 6:30pm Storm Swim Team (12 & under)	Team Swimming 4:00 - 5:30pm High School / Storm Swim Team (13 & older)	5:30 - 6:30pm Storm Swim Team (12 & under)	Team Swimming 4:00 - 5:30pm High School / Storm Swim Team (13 & older)	5:30 - 6:30pm Storm Swim Team (12 & under)		
6:30 - 7:30pm Masters Swim Team	5:30 - 6:30pm Storm Swim Team (12 & under)	6:30 - 7:30pm Masters Swim Team	5:30 - 6:30pm Storm Swim Team (12 & under)	6:30 - 7:30pm Masters Swim Team		

Season Pass Provides Access to All Activities
 Except High School & Storm Swimming

For more information:
<http://www.rockbridgeswims.org> / 540-463-5441