



463-5441

(Indoor Pool Schedule beginning September 8)

<p><u>Aqua-cise</u> An introduction to a variety of water workouts including exercises to improve cardiovascular endurance, muscular strength, flexibility and body composition. This class will also use a variety of water tools (noodles, kickboards, foam hand weights).</p>	<p>Monday 8:30 am w/ Leslie 10:30 am w/ Kelly Tuesday 6:30 pm w/ Ashlea Wednesday 8:30 am w/ Leslie 10:30 am w/ Kelly Thursday 6:30 pm w/ Leslie Friday 8:30 am w/ Lenny 10:30 am w/ Kelly Saturday 10:00 am w/ Leslie Sunday 3:00 pm w/ Ashlea (all classes last about an hour) Free for members; \$6 for non-members</p>
<p><u>Lap Swim</u> Enjoy your swim in our crystal clear water perfectly balanced for your enjoyment. The pool is a 25 yard pool. Fins, kick boards, buoys and other equipment is available for your use. Space is available for water walking and therapy during lap times.</p>	<p>Monday, Wednesday, Friday 6:00 am - 3:00pm 4-6 lanes * 6:30 pm - 7:30 pm* 6 lanes *Masters – see below* Tuesdays and Thursdays 8:30 am - 3:00 pm 6 lanes 6:30 pm - 8:30 pm 4 lanes Saturday 9:00 am - 3:00 pm 3-6 lanes Sunday 12:00 - 4:00 pm 4-6 lanes Free for members; \$6 for non-members</p>
<p><u>Masters Swim Team</u> Come join an awesome group of adults of various ages and abilities who come together for an organized practice. Competition is not required but is available. For more information contact Craig at craig@rockbridgeswims.org.</p>	<p>Monday, Wednesday, Friday 6:30 pm - 7:30 pm Free for members; \$6 for non-members</p>
<p><u>Adult Swim Instruction</u> Whether you want to learn to swim or refine your technique, we have the instruction for you. Free with Annual Membership.</p>	<p>Call or e-mail Craig or Leslie for appointment craig@rockbridgeswims.org or forswimming@gmail.com</p>
<p><u>Youth Swim Team</u> Rockbridge Storm Swim Team is open to swimmers with prior swim experience. We offer a quality swim program for swimmers of all ages and abilities by providing professional instruction in an innovative and goal oriented environment.</p>	<p>Monday – Friday 5:30 - 6:30 pm See www.rockbridgeswims.org for description and registration information</p>
<p><u>Group Swimming Lessons</u> Lessons focus on stroke improvement through proper balance and body alignment and relaxed breathing. In addition, all groups practice water safety skills.</p>	<p>3 sessions held each spring See www.rockbridgeswims.org for description and registration information</p>