

The Community Pool

www.rockbridgeswims.org , 463-5441 (9/30/2011)

<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/Lenny Wednesday 8:30 am w/Leslie; 10:30 am w/Kelly Thursday 6:30 pm w/Ashlea Friday 8:30 am w/Lenny; 10:30 am w/Kelly Saturday 10:00 am w/Leslie (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 & Thursdays 8:30 am - 3:00 pm 6 lanes 6:30 pm - 8:00 pm 4 lanes Saturday 9:00 am - 3:00 pm 3-6 lanes Sunday noon - 4:00 pm 4-6 lanes Free for members; \$6 for non-members</p>
<p><u>Family Swim</u> 2-3 lanes are made available for families to come enjoy the water together</p>	<p>Saturday, 12-3 pm; Sunday, 12-4 pm Free for members Non-member adults \$6/children \$3</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 6:30 pm - 7:30 pm Friday 5:30 pm - 6:30 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 leslie@rockbridgeswims.org</p>
<p><u>Youth Swim Team</u> Rockbridge Storm Swim Team is a quality swim program for swimmers of all ages and abilities. Choice of 2-4 practices per week.</p>	<p>Monday – Thursday 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>Sessions held each spring/summer See www.rockbridgeswims.org for description and registration information</p>