

## **AQUATICS PROGRAMMING JUNE 2017**

### **MONDAYS**

10:30 a.m.-11:45 a.m.: Deep water buoyancy and cardio ball. \$3.

### **TUESDAYS**

10:30 a.m.-11:30 a.m.: Shallow water aerobics.

4:00 p.m.-6:15p.m.: Swim Lessons

4:00 p.m.: WSI Class

### **WEDNESDAYS**

5:00 p.m.-6:00 p.m.: Shallow water aerobics

### **THURSDAYS**

10:30 a.m.-11:45 a.m.: Deep water buoyancy and cardio ball. \$3.

4:00 p.m.-5:00 p.m.: Swim Lessons

4:00 p.m.-7:30 p.m.: WSI Class

### **FRIDAYS**

10:30 a.m.-11:30 a.m.: Cardio Pool Polo. \$3.

12:00 p.m.-1:00 p.m.: Shallow water aerobics.

6:00 p.m.-7:00 p.m.: Masters Swim Club. \$3.

### **SPECIAL EVENTS:**

- 5/30 through 6/22: Water Safety Instructor Class. 4:00 p.m.-7:30 p.m.
- 6/2: Family Fun Night 5:45 p.m.-7:30p.m. Non-members:\$10 per family.
- 6/7: CRC Fundraising Dinner at Zephyr. Pool closing at 6:45p.m. Facility closing at 7:00 p.m.
- 6/10-6/15: Frost Valley Lifeguard Class 9:00 a.m.-5:00 p.m. There will be limited lap lane availability during the Frost Valley Lifeguard class.
- 6/22: All staff meeting 10:00 a.m.-4:00 p.m.
- 6/26-6/30: Lifeguard Class 9:00 a.m.-5:00 p.m.

### **SCHEDULED POOL PARTIES:**