

# POOL HOURS



## RIVERFRONT POOL

### Spring (May 2 - May 22)

Monday - Friday	CLOSED
Saturday & Sunday	noon - 6pm

### Summer (May 23 - August 23)

Monday - Saturday	10am - 8pm
Sunday	11am - 7p

### Late Summer (August 24 - September 7)

Monday & Wednesday	4pm - 8pm
Tuesday, Thursday & Fri.	10am - 8pm

### Fall (September 8 - September 27)

Monday - Friday	CLOSED
Saturday & Sunday	noon - 6pm

## LAKESIDE POOL

### Summer (May 23 - August 23)

Sunday, Monday, Wed.	11am - 7pm
Tuesday & Thursday	noon - 8pm
Friday & Saturday	10am - 8pm

### Late Summer (August 24 - September 7)

Monday & Wednesday	10am - 7pm
Tuesday & Thursday	4pm - 8pm
Friday	4pm - 8pm

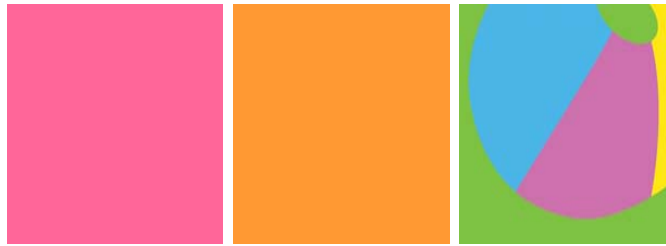
### Adult Only Pool Hours at Lakeside

Tuesday, Thursday & Fri.	6pm - close
Tuesday & Thursday	noon - 3pm
Sunday	3pm - close

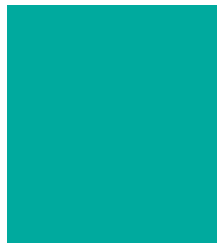
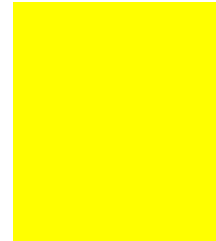


- Current membership card required for pool access.
- Pool hours are subject to change based on usage, weather, events and maintenance.
- The Riverfront pool will close when there is a home swim meet.
- Pools may occasionally close early for private rentals.
- No toys or floats allowed at the Lakeside Pool.
- Children under the age of 9 or those that cannot swim the length of the pool must be accompanied by a guardian at least 18 years of age.
- No smoking, glass or alcoholic beverages.
- Children not toilet trained must wear an approved swim diaper with swim suit.

A complete list of rules & regulations is available at The Swim Club.



**KiDZ ZoNeS, Dive In Movie Nights, Cheers, Poolside Bingo, Sweet Scoops Eats & Treats, Late Night Lakeside, Teen Time and much more for you to enjoy this summer!**



## TUESDAY NIGHT RAFT RIOTS

**Go ahead and break the rules!  
Rafts allowed every Tuesday  
after 4pm.**

## SUMMER CELEBRATIONS

### MEMORIAL DAY CELEBRATION

**Sunday, May 24th**

### 4TH OF JULY BIKE PARADE & PICNIC

**Saturday, July 4th**

### LABOR DAY COOKOUT

**Monday, September 7th**



**Please note that program dates & times are subject to change, may be rescheduled due to weather and that most programs have a minimum number of participants required in order to run the program.**



**THE RIVERFRONT  
SWIM CLUB**



**Summer 2015**

**summer fun & lots of sun**

**5301 Sports Club Run  
757-483-3906**

**[www.riverfrontswimclub.com](http://www.riverfrontswimclub.com)  
[swimclub@charter.net](mailto:swimclub@charter.net)**





# SWIM PROGRAMS

Learn to swim or improve the skills you already have. We have lessons for all ages and levels. Swim Instructor Joy brings you many years of quality teaching.

**Starfish** Children will participate in water exploration & safety, putting face in water, bubbles, putting head under water, floating & more.

Ages: 3 - 5 Cost: \$45  
Session 1 & 2 will be held from 10:00am - 10:30am  
Session 3 & 4 will be held from 2:00pm - 2:30pm

**Stingrays** Children will learn basic stroke development, skills, & techniques.

Ages: 6 - 12 Cost: \$45  
Session 1 & 2 will be held from 10:30 - 11:00am  
Session 3 & 4 will be held from 2:30pm - 3:00pm

### Sessions

Session 1 June 8, 9, 10, 11  
Session 2 June 15, 16, 17, 18  
Session 3 July 13, 14, 15, 16  
Session 4 July 27, 28, 29, 30

Each session consists of four 30-minute classes.



### Private & Semi Private Lessons

One on one private instruction is aimed at your particular needs, whether that is improvement of strokes already known or to learn basic swim skills. You can also get into a semi-private lesson with a friend and have a fun learning experience that helps build & grow skills together. Joy is also able to teach children & adults with special needs adapting to particular needs. Each session is comprised four - 30 minute classes and meets Monday thru Thursday. Classes are held from 10am until 3:30pm. Private - \$80 or Semi-Private \$115.

**Water Tots** Parents, grandparents or nannies will be in the water with the child for this fun class. The instructor will demonstrate and teach you and your child fundamental swimming skills such as floating, kicking, blowing bubbles & more. Sessions require a minimum of 5 participants in order to be held. Sign up for one or sign up for all.  
Dates: June 22, 23, July 6, 20, August 3, 4  
Time: 10:30 - 11:00 am Ages: 6 mo. - 2 1/2 years old  
Cost: \$15 per class

Call today to sign up! Swim lessons begin June 1st. Lessons are held prior to 3:30pm unless otherwise noted. If group lessons fill up for each session, additional session times will be added. Group sessions require a minimum of 5 participants in order to be held. There will be no refunds for lessons missed that were scheduled. In the case of inclement weather, lessons may be rescheduled, usually on Friday mornings.

## EXPLORERS SUMMER CAMP



It's a Kidventure! There's fun for kids at the club throughout the summer beginning June 15th. We offer a safe, supervised & welcoming environment where children have the opportunity to make new friends, try new challenges and have fun. We've planned some terrific themes for your children this summer. For additional details, see our Explorers Summer Camp Brochure.

### Explorers Summer Camp

Ages: 3 to 11  
Days: Monday, Wednesday & Thursday  
Time: 9:30am - 12:30pm  
Daily: \$25 All Three Days: \$65

June 15, 17, 18	Tasty Temptations
June 22, 24, 25	Blast From The Past
June 29 & July 1	Stars, Stripes, & Celebrations
July 6, 8, 9	H2Wow
July 13, 15, 16	Fantastic Fairy Tales & Make Believe
July 20, 22, 23	Let It Pop
July 27, 29, 30	Disney Days
August 3, 5, 6	Fit-N-Fun
August 10, 12, 13	Aloha Summer

### Adventure Days

Sign your child up for one of our specialty camps. All Adventure camps will have time for a dip in the pool. Add these camps on to our Golf/Tennis Camps and Golf Clinics to make a full day of fun. Full details in our Explorers Summer Camp Brochure

Ages: 7 and older		
Daily: \$25	All three days: \$65	
June 16-18	Delicious Discoveries	Time: 11:30a-2:30p
July 7-9	Sports of All Sorts	Time: 1-4pm
July 21-23	Carnival Craze	Time: 11:30a-2:30p
August 4-6	Creation Station	Time: 1-4pm

### GOLF/TENNIS CAMP

Enjoy golf and/or tennis lessons, jump in the pool to cool off and then enjoy lunch daily at the golf course. T-shirt and prizes too. All skill levels encouraged to participate. Please provide your own tennis racquet. *Extend camp with one of our Adventure Days.*

Ages: 7 & older	Time: 9am - 1pm	Cost: \$125 per child
Camp Dates:	Session 1: July 7-9	Session 2: August 4-6



### JUNIOR GOLF CLINICS

Learn swing fundamentals & golf course etiquette. All skill levels encouraged to participate. *Extend the day with one of our Adventure Days*

Ages: 7 & older	Time: 9am - 11:30am	Cost: \$75 per clinic
Clinic Dates:	Clinic 1: June 16-18	Clinic 2: July 21-23

## BARRACUDAS SWIM TEAM



Our East West communities join forces to create Team Barracudas. The Riverfront pool remains open during practices, held on Monday

& Wednesday evenings, but with limited lane use. The Riverfront pool will be closed during home swim meets. Home meet schedule: June 17, 24, July 8, and 11.

All levels are welcome to join the team.  
Team contact info: (757)376-2247.  
[www.leaguelineup.com/teambarracudas](http://www.leaguelineup.com/teambarracudas)  
[swimteambarracudas@gmail.com](mailto:swimteambarracudas@gmail.com)

## KAYAKING & SAILING LESSONS - GATLING POINTE

Head on over to Gatling Pointe Yacht Club. They have classes for both children & adults. For more information & to register call GPYC at 357-0693.

## LADIES GOLF NIGHT & LEAGUE

Play 9 Holes of golf on Thursday evenings! All levels encouraged to play, no handicap needed. Great way to get together with friends. Play when your schedules allows. Tee Time: 5:30pm. Wednesday daytime Ladies Golf League this summer too. Contact the Golf Club at 484-2200 to sign-up.

**YOGA WITH SUZANNE** All levels of experience are welcome to attend. Class meets Monday evenings from 6:30 - 7:45pm. Cost: Six Class Pass \$72 or Drop-In Class \$15 Contact Suzanne at [gillespiethompson@yahoo.com](mailto:gillespiethompson@yahoo.com).

## FITNESS BOOT CAMP WITH SANDY

Interval based training for all levels. Walk as a group, work up a sweat & start the day off on the right foot! Attend when your schedule allows.

Meets: Monday, Wednesday, and Friday  
Where: Bill Jessee Park Time: 7:45am  
Contact Sandy at [sandyspiro@verizon.net](mailto:sandyspiro@verizon.net) for pricing & more information.



## WAVEMAKER AQUA FITNESS CLASS AT LAKESIDE

This class should not be mistaken as "easy." We will incorporate interval training, noodles, cardio & resistance work into each class. Water is very suitable for all fitness levels, young and old. Whether you are coming back from an injury or are looking for an environment that surrounds you, literally, with resistance. Make the class as hard or easy as you need it to be. No swimming skills are necessary and participants can modify all exercises to their level of fitness. Classes dates, times & pricing coming soon. Contact Sandy for more information, [sandyspiro@verizon.net](mailto:sandyspiro@verizon.net).

## THE RIVERFRONT SOCIAL CLUBS

We have clubs for all our members! Bunco, Little Tots Play Group, Chik Lit, Chik Flik, Prime Timers, and more. Contact the swim club for more information.