

Rankin Aquatic Center – 100 Buckley St.

925-370-6451

2019

AUGUST Lap Swim & Water Aerobics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Aerobics Drop-in \$7 10-punch pass \$60 20-punch \$120	Instructors: A. Legault Pam Hall	Lap Swim \$5 Seniors \$6 Seniors Must be 16 or older to lap swim. Two dedicated lanes.		1 Lap Swim 10:35 – 9 pm Water Aerobics 5:20 – 6:20 pm	2 Lap Swim 10:35 – 9 pm Water Aerobics 5:20 – 6:20 pm	3 Lap Swim 8 – 10 am & 12 – 5 pm
4 Lap Swim 8 – 10 m & 12 – 5 pm Aqua Zumba 9 – 10 am	5 Lap Swim 1 – 9 pm Water Aerobics 5:20 – 6:20 pm	6 Lap Swim 10:35 – 9 pm Deep H2O Aerobics 5:20 – 6:20 pm	7 Lap Swim 10:35 – 9 pm Dual Depth Aerobics 5:20 – 6:20 pm	8 Lap Swim 10:35 – 9 pm Water Aerobics 5:20 – 6:20 pm	9 Lap Swim 10:35 – 9 pm Water Aerobics 5:20 – 6:20 pm	10 Lap Swim 8 – 10 am & 12 – 5 pm Water Aerobics 9 – 10 am Pot Luck!
11 Lap Swim 8 – 10 am & 12 – 5 pm	12 Lap Swim 3 – 8 pm Water Aerobics 5:20 – 6:20 pm	13 Lap Swim 3 – 8 pm Deep H2O Aerobics 5:20 – 6:20 pm	14 Lap Swim 3 – 8 pm Dual Aerobics 5:20 – 6:20 pm	15 Lap Swim 3 – 8 pm Water Aerobics 5:20 – 6:20 pm	16 Lap Swim 3 – 8 pm Water Aerobics 5:20 – 6:20 pm	17 Lap Swim 8 – 10 am & 12 – 5 pm Water Aerobics 9 – 10 am
18 Lap Swim 8 – 10 m & 12 – 5 pm Aqua Zumba 9 – 10 am	19 Lap Swim 3 – 8 pm Water Aerobics 5:20 – 6:20 pm	20 Lap Swim 3 – 8 pm Deep H2O Aerobics 5:20 – 6:20 pm	21 Lap Swim 3 – 8 pm Dual Depth Aerobics 5:20 – 6:20 pm	22 Lap Swim 3 – 8 pm Water Aerobics 5:20 – 6:20 pm	23 Lap Swim 3 – 8 pm Water Aerobics 5:20 – 6:20 pm	24 Lap Swim 8 – 10 am & 12 – 5 pm Water Aerobics 9 – 10 am
25 Lap Swim 8 – 10 am & 12 – 5 pm	26 Lap Swim 3 – 8 pm Water Aerobics 5:20 – 6:20 pm	27 Lap Swim 3 – 8 pm	28 Lap Swim 3 – 8 pm Dual Depth Aerobics 5:20 – 6:20 pm	29 Lap Swim 3 – 8 pm	30 Lap Swim 3 – 8 pm Water Aerobics 5:20 – 6:20 pm	31 Lap Swim 8 – 10 am & 12 – 5 pm Water Aerobics 9 – 10 am

SEPTEMBER Lap Swim & Water Aerobics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Lap Swim 8 – 10 am 12 – 5 pm Aqua Zumba 9 – 10 am	2 Lap Swim 1 – 4 pm Pool Closed at 4 pm Happy Labor Day	3 Lap Swim 3 – 8 pm	4 Lap Swim 3 – 8 pm Dual Depth Aerobics 5:20 – 6:20 pm	5 Lap Swim 3 – 8 pm	6 Lap Swim 3 – 8 pm Water Aerobics 5:20 – 6:20 pm	7 Lap Swim 8 – 10 am & 12 – 5 pm Water Aerobics 9 – 10 am
8 Lap Swim 8 – 10 am 12 – 5 pm	9 Lap Swim 3 – 8 pm Water Aerobics 5:20 – 6:20 pm	10 Lap Swim 3 – 8 pm	11 Lap Swim 3 – 8 pm Dual Depth Aerobics 5:20 – 6:20 pm	12 Lap Swim 3 – 8 pm	13 Lap Swim 3 – 8 pm Water Aerobics 5:20 – 6:20 pm	14 Lap Swim 8 – 10 am Water Aerobics 9 – 10 am – Pot Luck
15 Lap Swim 8 – 10 am Aqua Zumba 9 – 10 am	16 Lap Swim 3 – 8 pm Water Aerobics 5:20 – 6:20 pm	17 Lap Swim 3 – 8 pm	18 Lap Swim 3 – 8 pm Dual Depth Aerobics 5:20 – 6:20 pm	19 Lap Swim 3 – 8 pm	20 Lap Swim 3 – 8 pm Water Aerobics 5:20 – 6:20 pm	21 Lap Swim 8 – 10 am Water Aerobics 9 – 10 am
22 Lap Swim 8 – 10 am	23 Lap Swim 3 – 8 pm Water Aerobics 5:20 – 6:20 pm	24 Lap Swim 3 – 8 pm	25 Lap Swim 3 – 8 pm Dual Depth Aerobics 5:20 – 6:20 pm	26 Lap Swim 3 – 8 pm	27 Lap Swim 3 – 8 pm Water Aerobics 5:20 – 6:20 pm	28 Lap Swim 8 – 10 am Water Aerobics 9 – 10 am
29 Lap Swim 8 – 10 am	30 Lap Swim 3 – 8 pm Water Aerobics 5:20 – 6:20 pm	WATER AEROBICS Drop-in \$7 10-punch pass \$60 20-punch \$120			Instructor: Andrea Legault	
					LAP SWIM \$5 Seniors \$6 Adults. Must be 16 or older to lap swim. Two dedicated lap lanes.	

October Lap Swim & Water Aerobics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Lap Swim 3 – 7 pm	2 Lap Swim 3 – 7 pm Dual Depth Aerobics 5:20 – 6:20 pm	3 Lap Swim 3 – 7 pm	4 Lap Swim 3 – 7 pm Water Aerobics 5:20 – 6:20 pm	5 Lap Swim 8 – 10 am Water Aerobics 9 – 10 am
6 Lap Swim 8 – 10 am Aqua Zumba 9 – 10 am	7 Lap Swim 3 – 7 pm Water Aerobics 5:20 – 6:20 pm	8 Lap Swim 3 – 7 pm	9 Lap Swim 3 – 7 pm Dual Depth Aerobics 5:20 – 6:20 pm	10 Lap Swim 3 – 7 pm	11 Lap Swim 3 – 7 pm Water Aerobics 5:20 – 6:20 pm	12 Lap Swim 8 – 10 am Water Aerobics 9 – 10 am – Pot Luck!
13 Lap Swim 8 – 10 am	14 Closed for Columbus Day	15 Lap Swim 3 – 7 pm	16 Lap Swim 3 – 7 pm Dual Depth Aerobics 5:20 – 6:20 pm	17 Lap Swim 3 – 7 pm	18 Lap Swim 3 – 7 pm Water Aerobics 5:20 – 6:20 pm	19 Lap Swim 8 – 10 am Water Aerobics 9 – 10 am
20 Lap Swim 8 – 10 am Aqua Zumba 9 – 10 am	21 Lap Swim 3 – 7pm Water Aerobics 5:20 – 6:20 pm	22 Lap Swim 3 – 7 pm	23 Lap Swim 3 – 7 pm Dual Depth Aerobics 5:20 – 6:20 pm	24 Lap Swim 3 – 7 pm	25 Lap Swim 3 – 7 pm Water Aerobics 5:20 – 6:20 pm	26 Lap Swim 8 – 10 am Water Aerobics 9 – 10 am
27 Lap Swim 8 – 10 am	<u>WATER AEROBICS</u> Drop-in \$7 10-punch pass \$60 20-punch \$120 Instructor: Andrea Legault			<u>LAP SWIM</u> \$5 Seniors \$6 Adults. Must be 16 or older to lap swim. Only lap swimming in lap lanes. Two dedicated lap lanes.		