

JULY 2017

The Community Pool (540) 463-5441

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Lap Swim 9am-3pm Aquacise 10-11 w/ Lenny Family Swim Noon-3pm
2 Lap Swim Noon-4pm Family Swim Noon-4pm	3 Lap Swim: 6am-3pm (3-6 lanes) Aquacise: 8:30am & 10:30am w/ TBA Lap Swim: 6:30 - 7:30 PM (6 Lanes)	4 JULY 4th: OPEN SWIM 9-3	5 Lap Swim: 6am-3pm (3-6 lanes) Aquacise: 8:30am & 10:30am w/ TBA Lap Swim: 6:30-7:30 PM (6 Lanes)	6 Masters: 7-8 AM Lap Swim: 8am-3pm, 6:30-8:00pm (3 lanes) Aquacise 6:30pm w/Lenny	7 Lap Swim: 6am-3pm (3-6 lanes) Aquacise: 8:30am & 10:30am w/ Etta	8 Lap Swim 9am-3pm Aquacise 10-11 w/ Lenny Family Swim Noon-3pm
9 Lap Swim Noon-4pm Family Swim Noon-4pm	10 Lap Swim: 6am-3pm (3-6 lanes) Aquacise: 8:30am & 10:30am w/ Leslie Lap Swim: 6:30 - 7:30 PM (6 Lanes)	11 Masters: 7-8 AM Lap Swim: 8am-3pm (3-6 lanes) Pool Closed for Storm Meet 3-8	12 Lap Swim: 6am-3pm (3-6 lanes) Aquacise: 8:30am & 10:30am w/ Etta Lap Swim: 6:30-7:30 PM (6 Lanes)	13 Masters: 7-8 AM Lap Swim: 8am-3pm, 6:30-8:00pm (3 lanes) Aquacise 6:30pm w/Lenny	14 Lap Swim: 6am-3pm (3-6 lanes) Aquacise: 8:30am & 10:30am w/ Leslie	15 Lap Swim 9am-3pm Aquacise 10-11 w/ Lenny Family Swim Noon-3pm
16 Lap Swim Noon-4pm Family Swim Noon-4pm	17 Lap Swim: 6am-3pm (3-6 lanes) Aquacise: 8:30am & 10:30am w/ Leslie Lap Swim: 6:30 - 7:30 PM (6 Lanes)	18 Masters: 7-8 AM Lap Swim: 8am-3pm, 6:30-8:00pm (3 lanes) Aquacise 6:30pm w/Lenny	19 Lap Swim: 6am-3pm (3-6 lanes) Aquacise: 8:30am & 10:30am w/ Etta Lap Swim: 6:30-7:30 PM (6 Lanes)	20 Masters: 7-8 AM Lap Swim: 8am-3pm, 6:30-8:00pm (3 lanes) Aquacise 6:30pm w/Lenny	21 Lap Swim: 6am-3pm (3-6 lanes) Aquacise: 8:30am & 10:30am w/ Leslie	22 Lap Swim 9am-3pm Aquacise 10-11 w/ Lenny Family Swim Noon-3pm
23 Lap Swim Noon-4pm Family Swim Noon-4pm	24 Lap Swim: 6am-3pm (3-6 lanes) Aquacise: 8:30am & 10:30am w/ Leslie Lap Swim: 6:30 - 7:30 PM (6 Lanes)	25 Masters: 7-8 AM Lap Swim: 8am-3pm, 6:30-8:00pm (3 lanes) Aquacise 6:30pm w/Lenny	26 Lap Swim: 6am-3pm (3-6 lanes) Aquacise: 8:30am & 10:30am w/ Etta Lap Swim: 6:30-7:30 PM (6 Lanes)	27 Masters: 7-8 AM Lap Swim: 8am-3pm, 6:30-8:00pm (3 lanes) Aquacise 6:30pm w/Lenny	28 Lap Swim: 6am-3pm (3-6 lanes) Aquacise: 8:30am & 10:30am w/ Leslie	29 Lap Swim 9am-3pm Aquacise 10-11 w/ Lenny Family Swim Noon-3pm
30	31	NOTES: Visit us online at www.rockbridgeswims.org				



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