

# LEXINGTON CITY POOL: 463-5441

## Group Swimming Lessons

Lessons focus on stroke improvement through proper balance and body alignment and relaxed breathing. In addition, all groups practice water safety skills.

Information and sign up sheet will be posted at the pool

## Aqua-cise

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)

<b>Monday</b>	8:30 a.m.
<b>Tuesday</b>	10:30 a.m. & 6:30 p.m.
<b>Wednesday</b>	8:30 a.m.
<b>Thursday</b>	6:30 p.m.
<b>Friday</b>	8:30 a.m. & 10:30 a.m.
<b>Saturday</b>	10:00 a.m.

(All classes last about an hour)  
Free for members; \$6 for non-members

## Masters Swim Team

An awesome group of adults of various ages and abilities who come together for an organized practice.

<b>Monday, Wednesday</b>	6:30 p.m. - 7:30 p.m.
<b>Friday</b>	7:00 a.m. - 8:00 a.m.

Free for members; \$6 for non-members

## Swim Camp

Group and individualized swim instruction, water games, water safety, outdoor games, and fun projects.

5 days, August 9 -13  
**Monday - Friday** 9:00 a.m. - Noon  
\$80 for season pass holders; \$90 all others

## Summer League Swim Team

Join the Lexington-Rockbridge Storm for excellent stroke instruction, and for competition.

Ages 8 -18 (or with sufficient swimming skills)  
June 14 - July 29  
\$90 for season pass holders; \$120 all others  
**Monday, Wednesday, Thursday**  
9:30 -10:30 a.m. or 5:30 - 6:30 p.m.  
Swim-meets on Tuesday evenings

## Lap Swim Outside (Family Pool)

**Monday-Friday (June 1-11)**  
3:30 p.m. - 8:00 p.m. 2 lanes  
**Monday-Friday (beginning June 14)**  
7:00 a.m. - 11:00 a.m. 6 lanes  
11:00 a.m. - 8:00 p.m. 2 lanes  
**Saturday**  
9:00 a.m. - 11:00 a.m. 6 lanes  
11:00 a.m. - 8:00 p.m. 2 lanes  
**Sunday**  
12:00 - 6:00 p.m. 2 lanes

## General Admission

**Monday-Friday (June 1-11)**  
3:30 p.m. - 8:00 p.m.  
**Monday-Friday (beginning June 14)**  
11:00 a.m. - 8:00 p.m.  
**Saturday**  
11:00 a.m. - 8:00 p.m.  
**Sunday**  
12:00 noon - 6:00 p.m.

Free for members; \$3.50 adult non-members  
\$2.50 child non-members (17 & under)

## Lap Swim Inside (Lap Pool)

**Monday, Wednesday, Friday**  
6:00 a.m. - 8:30 a.m. 6 lanes  
8:30 a.m. - 9:30 a.m. 4 lanes  
11:00 a.m. - 5:00 p.m. 4-6 lanes  
**Tuesday**  
7:00 a.m. - 10:30 a.m. 6 lanes  
10:30 a.m. - 5:00 p.m. 4-6 lanes  
6:30 p.m. - 7:30 p.m. 4 lanes  
**Thursday**  
7:00 a.m. - 10:00 a.m. 6 lanes  
11:00 a.m. - 5:00 p.m. 6 lanes  
6:30 p.m. - 7:30 p.m. 4 lanes  
**Saturday**  
9:00 a.m. - 3:00 p.m. 3-6 lanes  
**Sunday**  
12:00 - 4:00 p.m. 6 lanes

Free for members; \$6 for non-members