

## LEXINGTON CITY POOL: 463-5441

**Group Swimming Lessons**

Lessons focus on water safety and stroke improvement through proper balance and body alignment and relaxed breathing

For more information and to register go to  
[www.rockbridgeswims.org/lessons.asp](http://www.rockbridgeswims.org/lessons.asp)

**Aqua-cise**

An introduction to a variety of water workouts including exercises to improve cardiovascular endurance, muscular strength, flexibility. This class will also use a variety of water tools (noodles, kickboards, foam hand weights). All classes held in the indoor pool.

**Monday, Wednesday, Friday** 8:30 a.m. & 10:30 a.m.  
**Tuesday, Thursday** 6:30 p.m.  
**Saturday** 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.

**Monday, Wednesday** (inside) 6:30 p.m. - 7:30 p.m.  
**Friday** (outside) 8:00 a.m. - 9:00 a.m.

Free for members; \$6 for non-members

**Kid's Fitness Camp**

Swimming, running, yoga are all on the schedule along with water and field games and fun projects. Great preparation for kids' Duathlon August 13<sup>th</sup> although participation is not required for this camp.

**Monday - Friday** 9:00 a.m. - Noon

**Session 1** - August 1-5  
**Session 2** - August 8-12

\$80 per session for season pass holders; \$90 all others

**Summer League Swim Team**

Join the Storm summer league swim team for excellent stroke instruction and fun competition. For more information, e-mail [Craig@rockbridgeswims.org](mailto:Craig@rockbridgeswims.org) or visit our website [www.rockbridgeswims.org](http://www.rockbridgeswims.org)

**June 13 - July 29**

**Monday, Wednesday, Thursday** 9:30 -10:30 a.m. **OR**  
5:30 - 6:30 p.m.

Ages 8 -18 (or younger with sufficient swimming skills)  
Swim-meets on Tuesday and/or Thursday evenings  
\$90 for season pass holders; \$120 all others

**General Admission****Monday-Saturday**

11:00 a.m. - 8:00 p.m.

**Sunday**

12:00 noon - 6:00 p.m.

**Lap Swim Outside (Family Pool)****Monday, Wednesday**

7:00 a.m. - 9:30 a.m. 6 lanes

11:00 a.m. - 8:00 p.m. 2 lanes

**Tuesday, Thursday**

7:00 a.m. - 11:00 a.m. 6 lanes

11:00 a.m. - 8:00 p.m. 2 lanes

**Friday**

7:00 a.m. - 11:00 a.m. 6 lanes

8:00 a.m. - 9:00 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

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

\*Masters held outside; lap swimmers welcome

**Lap Swim Inside (Lap Pool)****Monday, Wednesday, Friday**

6:00 a.m. - 4:00 p.m. 3-6 lanes

**Tuesday**

7:00 a.m. - 5:00 p.m. 6 lanes

6:30 p.m. - 7:30 p.m. 4 lanes

**Thursday**

7:00 a.m. - 9:00 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