



Cascade Aquatic & Recreation Center

August 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap/Exercise 6:00 - 8:00 AM	Lap/Exercise & Open Kayak 6:00 - 8:00 AM	Lap/Exercise 6:00 - 8:00 AM	Lap/Exercise & Open Kayak 6:00 - 8:00 AM	Lap/Exercise 6:00 - 8:00 AM	To reserve the pool during rental hours or after hours, please contact the front desk.	During General Swim, lifeguards are on duty. Children ages 6 and under require an adult in the pool at all times, children age 7 to 8 require adult supervision in the pool area.
Aqua Run 8:00-8:45 AM (Dianna)		Aqua Run 8:00-8:45 AM (Dianna)		Gentle Yoga 8:00-8:50 AM (Dianna)		
Pilates Mat 9:00-9:50 AM (Dianna)	Mountain Made 6:30-7:30 AM (Laura)	Pilates Mat 9:00-9:50 AM (Dianna)	Mountain Made 6:30-7:30 AM (Laura)	Pilates Mat 9:00-9:50 AM (Dianna)		
Classic Strength 10:00-11:00 AM (Dianna)	Core Tabata 10:00-11:00 AM (Laura)	Classic Strength 10:00-11:00 AM (Dianna)	Core Tabata 10:00-11:00 AM (Laura)	Classic Strength 10:00-11:00 AM (Laura)		
Summer Swim League 8:00 - 9:00 AM	Summer Swim League 8:00 - 9:00 AM	Summer Swim League 8:00 - 9:00 AM	Summer Swim League 8:00 - 9:00 AM	Summer Swim League 8:00 - 9:00 AM		
Swim Lessons 8:30-11:00 AM	Swim Lessons 8:30-11:00 AM	Swim Lessons 8:30-11:00 AM	Swim Lessons 8:30-11:00 AM	Swim Lessons 8:30-11:00 AM		
Community Water Aerobics 10:00-11:00 AM	Community Water Aerobics 10:00-11:00 AM	Community Water Aerobics 10:00-11:00 AM	Community Water Aerobics 10:00-11:00 AM	Community Water Aerobics 10:00-11:00 AM		
Lap/Exercise 11:00-12:00 PM	Lap/Exercise 11:00-12:00 PM	Lap/Exercise 11:00-12:00 PM	Lap/Exercise 11:00-12:00 PM	Pool Rental/ Specials 11:00-1:00 PM	Pool Rental/ Specials 11:00-1:00 PM	Pool Rental/ Specials 10:00-12:00 PM
				Youth Yoga 3:30-4:15 PM (Alyssa)	General Swim 1:00 - 10:00 PM	General Swim 12:00 - 8:00 PM
General Swim 12:00 PM - 8:00 PM	General Swim 12:00 PM - 6:00 PM	General Swim 12:00 PM - 8:00 PM	General Swim 12:00 PM - 6:00 PM	General Swim 12:00 PM - 10:00 PM	<b>Youth Soccer:</b> Open registration for ages 3-13, practice starts the week of August 21st! <b>Solar Eclipse: August 21st</b> Watch the solar eclipse from the comfort of the pool! <b>Find Your Fit!</b> Ask about details and register for our upcoming six week wellness program which includes membership, access to group classes, nutrition experts and customized workout plans.	
Local's Night 3:00-6:00 PM	Adult Night 6:00-8:00 PM	Kid Activity 6:00-7:00 PM (Dillion)	Yoga 6:00-7:00 PM (Holly)			
Kid Activity 6:00-7:00 PM (Brianna)	Lap/Specials 8:00 - 10:00 PM	Aqua Yoga 8:00-9:00 PM (Alyssa)	Kayak Night 6:00-8:00 PM Open Play			
Lap/Specials 8:00 - 10:00 PM		Lap/Specials 8:00 - 10:00 PM	Lap/Specials 8:00 - 10:00 PM			
Lap Swim Times: Lanes open for lap swimming, exercising or family use. No lifeguard on duty.			Open Facility Times: Monday - Friday 6:00 a.m. - 10:00 p.m. Saturday 9:00 a.m. - 10:00 p.m. Sunday 12:00 p.m. - 8:00 p.m.			



\*\*Patrons must be 16 and older to be by themselves in both the Pool and Fitness Center.

Class Fee: \$2.50/class for members and \$5/class for non-members. Please register with the front desk to attend classes.

*Southern Valley County Recreation District*

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