



Cascade Aquatic & Recreation Center

July 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 age 6 and under require an adult in the pool at all times, children age 7 to 8 require adult supervision in the pool area.
	Mountain Made 6:30-7:30 AM (Laura)	Power Yoga 6:30-7:30 AM (Dianna)	Mountain Made 6:30-7:30 AM (Laura)			
	Pilates/Yoga 8:00-9:00 AM (Dianna)	Gentle Yoga 8:00-9:00 AM (Dianna)	Pilates/Yoga 8:00-9:00 AM (Dianna)			
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	Lap/Exercise & Open Kayak 9:00 - 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	Community Water Aerobics 10:00-11:00 AM		
	Core Tabata 10:00-11:00 AM (Laura)	Pilates Mat 9:30-10:30 AM (Dianna)	Classic Strength 10:00-11:00 AM (Laura)	Pool Rental/Specials 11:00-1:00 PM	Pool Rental/Specials 11:00-1:00 PM	Pool Rental/Specials 10:00-12:00 PM
Lap/Exercise 11:00-12:00 PM	Lap/Exercise 11:00-12:00 PM	Lap/Exercise 11:00-12:00 PM	Lap/Exercise 11:00-12:00 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>Special Events:</b> <b>Wednesdays:</b> Family Softball Games 6-8 PM; Form a team or join one of ours for fun family play at the Cascade Sports Park! <b>Day Camp:</b> July 10th-14th; K-6th grade kids looking for fun summer experiences. <b>Demo Day:</b> July 22nd; 3-5 PM. Free opportunity to try out SUPs and kayaks at Water's Edge RV Resort. Then Join FYB Kids in a float to KWP.	
Local's Night 3:00-6:00 PM	River SUP 6:15-7:15 PM (Hunter)		Yoga 6:00-7:00 PM (Holly)			
Kid Activity 6:00-7:00 PM (Brianna)	Adult Night 6:00-8:00 PM	Kid Activity 6:00-7:00 PM (Dillion)	Kayak Night 6:00-8:00 PM Open Play			
Lap/Specials 8:00 - 10:00 PM	Aqua Yoga 8:00-9:00 PM (Alyssa)	Lap/Specials 8:00 - 10:00 PM	Lap/Specials 8:00 - 10:00 PM			
<b>Lap Swim Times:</b> Lanes open for lap swimming, exercising or family use. No lifeguard on duty.			<b>Open Facility Times:</b> 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 Gym

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*

333 Kelly's Parkway, Cascade, Idaho 83611 (208) 382-5136 www.cascaderec.org

