



Cascade Aquatic & Recreation Center

June 2017 (Revised)



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 It's a HIIT 7:00 - 7:30 AM (Laura)	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 under age 6 require an adult in the pool at all times, children 7 to 8 require adult supervision in the pool area.
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		
Classic Strength 10:00-11:00 AM (Laura)	Core & More 10:00-11:00 AM (Laura)	Yoga Flow 11:15-12:15 PM (Charlotte)	Core & More 10:00-11:00 AM (Laura)	Classic Strength 10:00-11:00 AM (Laura)		
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
General Swim 12:00 PM - 8:00 PM	General Swim 12:00 PM - 6:00 PM	General Swim 12:00 PM - 8:00 PM	Mer/Dolphin Class 11-12:00 PM	General Swim 1:00 - 10:00 PM	General Swim 1:00 - 10:00 PM	General Swim 12:00 - 8:00 PM
Local's Night 3:00-6:00 PM			General Swim 12:00 PM - 6:00 PM			
Aqua Yoga 5:00-6:00 PM (Charlotte)						
Pump it Up! 6:00-7:00 PM (Geri)	Vinyasa Flow 6:15-7:30 PM (Serene)	Pump it Up! 6:00-7:00 PM (Geri)	Yoga 6:00-7:00 PM (Holly)	Local's Night 3:00-6:00 PM	Special Events: Sundays: Family Softball Games 3-5 PM; Form a team or join one of ours for fun family play at the Cascade Sports Park! Day Camp: June 12-16; K-6th grade kids looking for fun summer experiences, REGISTER NOW! Local Swim Meet: June 24th at 10 AM; Register to compete by June 19th.	
Kid Activity 6:00-7:00 PM	SUP 6:15-7:15 PM (Hunter)	Kid Activity 6:00-7:00 PM	Kayak Night- Beginner 6-7 PM Intermediate 7-8 PM	Youth Yoga 3:30-4:15 PM (Charlotte)		
Lap/Specials 8:00 - 10:00 PM	Masters Workout 8:00-9:00 PM /Lap 8-10 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 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