



MEMORIAL DAY CELEBRATION COOKOUT & GAMES

Sunday, May 26th
from 11 - 2pm

4TH OF JULY BIKE PARADE, DJ, PICNIC & GAMES

Thursday, July 4th
from 10:30 - 2:30pm

LABOR DAY CELEBRATION ALL AMERICAN POOL FUN FOOD BOUNCE HOUSE

Monday, Sept. 2nd
from noon - 2:30pm

SUPER SOAKER SUNDAYS

Super soakers are allowed at the Riverfront pool after 5pm on Sundays.

TUESDAY NIGHT RAFT RIOTS

Go ahead & break the rules! Rafts allowed Tuesdays after 4pm.

SPLASH & DASH USA TRIATHLON YOUTH AQUATHLON SERIES

Run & Swim
Ages 7 - 15
May 11th
June 8th
June 30th

EARLY MORNING LAP SWIM

Morning lap swim for adults. Check our weekly club emails for times and days.



RIVERFRONT POOL

Spring (May 4 - May 24)

Monday - Friday CLOSED
Saturday & Sunday noon - 6pm

Summer (May 25 - August 18)

Monday - Saturday 10am - 8pm
Sunday 11am - 7pm

Late Summer (August 19 - Sept. 2)

Monday & Wednesday 4pm - 8pm
Tues, Thurs, Fri, Sat 10am - 8pm
Sunday 11am - 7pm

Fall (September 3 - September 29)

Monday - Friday CLOSED
Saturday & Sunday noon - 6pm

LAKESIDE POOL

Summer (May 25 - August 18)

Sun, Mon, Wed 11am - 7pm
Tue & Thur noon - 8pm
Fri & Sat 10am - 8pm

Late Summer (Aug. 19 - Sept. 2)

Mon & Wed 10am - 7pm
Tues, Thurs, Fri 4pm - 8pm
Saturday 10am - 8pm
Sunday 11am - 7pm

Adult Only Pool Hours at Lakeside
(18 years of age and older)

Monday 11am - 1pm
Tues, Thurs, Fri 6pm - close
Tues, Thurs noon - 3pm
Sunday 2pm - 7pm

- 2019 membership cards required for pool access.
- Pool hours are subject to change based on usage, weather, events and maintenance.
- The Riverfront pool will be closed when there is a home swim meet scheduled. Lakeside will be open with no adult hours to accommodate our members.
- Pools may close early due to weather, mechanical issues, sanitation or for private rentals.
- Most toys and floats are not allowed at the Lakeside pool because of the infinity edge. Please check with the lifeguard to see if your toy will be allowed in the pool. Children are not allowed to use floats or noodles. Limited float/noodle use for adults, away from the infinity edge.
- No hanging on the infinity edge at the Lakeside pool.
- No diving or intensive breathe holding under water.
- Children under the age of 9 or those that cannot swim the length of the pool must be accompanied by a guardian at least 18 years of age.
- No smoking, glass or alcoholic beverages.
- Children not toilet trained must wear an approved swim diaper with swim suit.
- Bathing suits are required for swimming. Shorts, t-shirts, and gym attire are not allowed.
- Residents of The Riverfront & Harbourview that are not members may not use the pools, even as guests of members.
- 12 or more guests constitutes a rental and rental fees will apply.
- A complete list of our pool rules & regulations is available at the club.

DIVE IN MOVIE NIGHT
FAMILY FUN FRIDAYS
LAKESIDE OPEN LATE
POOLSIDE BINGO
SWEET SCOOPS
LET IT SNOW
EATS & TREATS
SCHOOL'S OUT SPLASH
CHEERS
KIDZ ZONES
TEEN TIME
K9 SPLASH
AND SO MUCH MORE FOR YOU TO ENJOY THIS SUMMER!

THE RIVERFRONT SOCIAL CLUBS

We have clubs for all our members! Bunco, Coffee Break, Play Pals, Books & Beyond, Dinner and A Movie, Prime Timers, and more.

RENTALS

Summer is the perfect time to celebrate and The Riverfront Swim Club is the perfect spot to host your event. Plan your graduation party, end of season sports banquets, wedding receptions, company picnics, adult and children's birthday parties, family reunions and more at the club.

Please note that program dates & times are subject to change and may be rescheduled due to weather. Most programs have a minimum number of participants required in order to run the event.

5301 Sports Club Run Suffolk, VA 23435
www.riverfrontswimclub.com swimclub@charter.net

Soak Up The Sun And Have Tons Of Fun !!!

SUMMER CAMP SCHEDULE

| WEEK | CAMPS & CLINICS | DAYS & TIMES |
|-----------|--|--|
| June 10th | Explorers Camp <i>Playing To Win</i> | June 10, 12, 13 9:30a - 12:30p |
| June 17th | Explorers Camp <i>Muck & Yuck</i> | June 17, 19, 20 9:30a - 12:30p |
| June 24th | Explorers Camp <i>Sprinkles & So Much S'More</i> Junior Golf Clinic I Adventure Days <i>Wonka World</i> | June 24, 26, 27 9:30a - 12:30p June 25, 26, 27 9:00a - 11:30a June 25, 26, 27 11:30a - 4:00p |
| July 8th | Explorers Camp <i>Dr Seuss Comes To Camp</i> Golf & Tennis Clinic I Adventure Days <i>Color Explosion</i> | July 8, 10, 11 9:30a - 12:30p July 9, 10, 11 9:00a - 1:00p July 9, 10, 11 1:00p - 4:00p |
| July 15th | Explorers Camp <i>Dinosaur Discovery</i> | July 15, 17, 18 9:30a - 12:30p |
| July 22nd | Explorers Camp <i>Wacky Holidays</i> | July 22, 24, 25 9:30a - 12:30p |
| July 29th | Explorers Camp <i>Imaginarium</i> Junior Golf Clinic II Adventure Days <i>Crazy Chemistry</i> | July 29, 31, Aug. 1 9:30a - 12:30p July 30, 31, Aug. 1 9:00a - 11:30a July 30, 31, Aug. 1 11:30a - 4:00p |
| Aug. 5th | Explorers Camp <i>Aqua Adventures</i> | Aug. 5, 7, 8 9:30a - 12:30p |
| Aug. 12th | Explorers Camp <i>Hanging Onto Summer</i> Golf & Tennis Clinic II Adventure Days <i>Mystery & Mayhem</i> | Aug. 12, 14, 15 9:30a - 12:30p Aug. 13, 14, 15 9:00a - 1:00p Aug. 13, 14, 15 1:00p - 4:00p |

EXPLORERS CAMPS

Themed weeks packed full of fun & exciting age appropriate activities, crafts and swim time.

Meets: Mon., Wed., Thurs. **Cost:** Daily \$25
Time: 9:30am - 12:30pm **All Three Days \$65** **Ages 3 and up**

ADVENTURE DAYS

Meets Tues., Wed., Thurs. **Time:** See Below **Ages 6 and up**

All Adventure camps will have time for fun in the pool. Add these camps on to our Golf/Tennis Camps and Golf Clinics to make a full day of fun. Our Camp Counselors will pick up the children from the Gold Club and bring them to the Swim Club.

| | | | |
|---------------------|------------------|-------------------|----------------------------|
| June 25, 26, 27 | Wonka World | Time: 11:30a - 4p | Daily \$35 All 3 Days \$95 |
| July 9, 10, 11 | Color Explosion | Time: 1 - 4p | Daily \$25 All 3 Days \$65 |
| July 30, 31, Aug. 1 | Crazy Chemistry | Time: 11:30a - 4p | Daily \$35 All 3 Days \$95 |
| August 13, 14, 15 | Mystery & Mayhem | Time: 1 - 4p | Daily \$25 All 3 Days \$65 |

RIVERFRONT JUNIOR GOLF CLINIC

GOLF ONLY **Time:** 9a - 11:30a **Cost:** \$80 Per Junior
Age: 6-17 (Boys & Girls)
Clinic I: June 25th, 26th, 27th **Clinic II:** July 30th, 31st, August 1st
Fundamentals of Golf: Swing Basics, Short Game, Putting
Instruction, Drinks, and Prizes
Golf Clubs are Provided (Personal Equipment is Encourage)

RIVERFRONT GOLF & TENNIS CLINIC

GOLF, TENNIS, SWIMMING **Time:** 9a - 1:00p **Cost:** \$125 per Junior
Age 6-17 (Boys & Girls)
Clinic I: July 9th, 10th, 11th **Clinic II:** August 13th, 14th, 15th
Fundamentals of Golf & Tennis and 1 hour of free swim time.



SWIM LESSONS

Summer swim lessons will again be taught by DIG Multisport

Learn to swim or improve your skills. We have group and private lessons for all ages and levels. Instruction can be tailored toward improving existing strokes or learning basic swim skills. Our instructors can also teach children & adults with disabilities, adapting lessons to each individuals needs.

be Active!

GROUP SESSIONS

\$120.00 for 8 group lessons

A fun, small group learning experience that teaches the basics or works on improving techniques.

PRIVATE SESSIONS:

\$25.00 per half hour lesson **Package of 8 private lessons for \$175.00**

One on one private and semi-private lessons will be scheduled on an individual basis and held during normal pool operating hours.

TO SCHEDULE LESSONS, CONTACT:

www.swimecat.com and click on DIG Multi Sport
Coach Art at 757-450-2152 or CoachArt.ecat@gmail.com

BARRACUDAS SWIM TEAM

Team Barracudas is a summer swim team running from late May through July. All levels are welcome to join the team. Children up to 18 years of age can participate and must be able to swim 1 lap, 25 meters, unassisted. Stroke does not need to be legal.

TEAM CONTACT INFO:

Tina at 757-619-8948 or stimsontina@gmail.com

WWW.LEAGUELINEUP.COM/TEAMBARRACUDAS

SWIMTEAMBARRACUDAS@GMAIL.COM



SAILING LESSONS AT GATLING POINTE

Head on over to Gatling Pointe Yacht Club. They will offer youth sailing this summer. For more information & to register call GPYC at 357-0693.



YOGA WITH SUZANNE

All levels of experience are welcome to attend. Class meets Monday evenings from 6:30 - 7:45pm. Cost: 10 Week Class \$130 or Drop-In Class \$16.
Contact Suzanne at gillespiethompson@yahoo.com.

FITNESS BOOT CAMP WITH SANDY

Interval based training for all levels. Walk as a group, work up a sweat & start the day off on the right foot! Attend when your schedule allows. Meets: Monday, Wednesday, and Friday at Bill Jessee Park beginning at 7:45am. Contact Sandy at sandyspiro@verizon.net for more info.

SPLASH AND DASH YOUTH AQUATHLON - A USA TRIATHLON NATIONAL SERIES

Event Dates: May 11th, June 8th, June 30th

Participate in a fun & safe introduction to multisport without the biggest barrier to entry in multisport: the bike. Each race includes a 100-yard swim followed by a 1 mile run. All ages 17 and under are encouraged to participate. For more information or to register, please visit <https://livered.org/hampton-roads-splash-and-dash/>.

GOLF FOR ADULTS

Ladies Golf League Play Tuesday mornings at 11:00am. Call the golf club, 757-484-2200, or Trenda, 757-810-7220, for more details.

Tuesday Men's Mixer Night Play 9-holes starting at 5:30pm. Format changes each week. Contact the golf club at 757-484-2200 for more information.