



# Pool Hours

## RIVERFRONT POOL

### Spring (May 3 - May 23)

Monday - Friday	CLOSED
Saturday & Sunday	noon - 6pm

### Summer (May 24 - August 24)

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

### Late Summer (August 25 - August 29)

Monday & Wednesday	4pm - 8pm
Tuesday, Thursday & Fri.	10am - 8pm

### Fall (September 2 - September 28)

Monday - Friday	CLOSED
Saturday & Sunday	noon - 6pm

## LAKESIDE POOL

### Summer (May 23 - August 24)

Sunday, Monday, Wed.	11am - 7pm
Tuesday & Thursday	noon - 8pm
Friday & Saturday	10am - 8pm

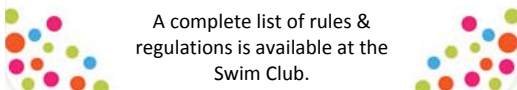
### Late Summer (August 25 - August 29)

Monday & Wednesday	10am - 7pm
Tuesday & Thursday	4pm - 8pm
Friday	4pm - 8pm

### Adult Only Pool Hours

Tuesday Thursday & Fri.	6pm - close
Tuesday & Thursday	noon - 3pm
Sunday	3pm- close

- Current membership card 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.
- Pools may occasionally close early for private rentals.
- No toys or floats allowed at the Lakeside Pool .
- 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.



A complete list of rules & regulations is available at the Swim Club.



## SUMMER CELEBRATIONS

### Memorial Day Celebration

Sunday, May 25th

### 4th of July Bike Parade & Picnic

Friday, July 4th

### Labor Day Cookout

Monday, September 1st

Movie Nights, Cheers, Poolside Bingo, Super Sundaes, Late Night Lakeside, Teen Night and much more for you to enjoy this summer!



## TUESDAY NIGHT RAFT RIOTS

Go ahead and break the rules!  
Rafts allowed every Tuesday  
after 4pm.

## East West Pool Swap Days

This is your chance to enjoy the other clubs and pools the East West family has to offer:

Founders Pointe,  
Eagle Harbor & Gatling Pointe.

Saturday, July 19th  
Saturday, August 16th

Club membership cards & ID  
required for entry. Please do not bring guests.



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



# THE RIVERFRONT SWIM CLUB



## Summer 2014

## summer fun & lots of sun

5301 Sports Club Run  
757-483-3906

[www.riverfrontswimclub.com](http://www.riverfrontswimclub.com)  
[swimclub@charter.net](mailto:swimclub@charter.net)





## SWIM PROGRAMS

Learn to swim or improve the skills you already have. We have lessons for all ages and levels.

**Starfish** Children will participate in water exploration & safety, putting face in water, bubbles, putting head under water, floating & more. Ages: 3 - 5 Cost: \$45  
Session 1 & 2 will be held from 12:30-1:00pm  
Session 3 - 9 will be held from 11:15-11:45am

**Stingrays** Children will learn basic stroke development, skills, & techniques. Ages: 6 - 12 Cost: \$45  
Session 1 & 2 will be held from 1:15 - 1:45pm  
Session 3 - 9 will be held from 12 - 12:30pm

### Sessions

Session 1 June 9, 10, 11, 12  
Session 2 June 16, 17, 18, 19  
Session 3 June 23, 24, 25, 26  
Session 4 July 7, 8, 9, 10  
Session 5 July 14, 15, 16, 17  
Session 6 July 21, 22, 23, 25  
Session 7 July 28, 29, 30, 31  
Session 8 August 4, 5, 6, 7  
Session 9 August 11, 12, 13, 14



Each session consists of four 30-minute classes.

**Private & Semi Private Lessons** Available upon request and will be scheduled around the instructors availability. Four - 30 minute classes.  
Private - \$80 or Semi-Private \$115

**Water Tots** Parents, grandparents or nannies will be in the water with the child for this fun class. The instructor will demonstrate and teach you and your child fundamental swimming skills such as floating, kicking, blowing bubbles & more. Sessions require a minimum of 5 participants in order to be held.

Dates: July 8, 15, 22 & 29 Time: 10:30 - 11:00 am  
July 12, 19, 26 & Aug. 2 Time: 8:15 - 8:45am  
Ages: 10 mo. - 3 years Cost: \$50

Lessons are held prior to 3:00pm unless otherwise noted. If group lessons fill up for each session, additional session times will be added. Group sessions require a minimum of 5 participants in order to be held. There will be no refunds for lessons missed that were scheduled. In the case of inclement weather, lessons may be rescheduled.



## EXPLORERS SUMMER CAMP

It's a Kidventure! There's fun for kids at the club throughout the summer beginning June 16th

We offer a safe, supervised & welcoming environment where children have the opportunity to make new friends, try new challenges and have fun. We've planned some terrific themes for your children this summer including Cookie Explosion, Clowning Around, Color Crazy, Food Frenzy Simply Sassy Spa Day and more. For additional details, see our Explorers Summer Camp Brochure.

### Explorers Summer Camp

Ages: 3 to 11  
Days: Monday, Wednesday & Thursday  
Time: 9:30am - 12:30pm  
Daily \$25  
All Three Days \$65

### Explorers Adventure Days

Ages: 6 and older  
Dates, times & prices vary  
Details in our Explorers Summer Camp Brochure

<i>Glam It Up</i>	July 2	Ages 6-12
<i>Simply Sassy Spa</i>	July 23	Ages 6-12
<i>Art Café: Weavers &amp; Beaders</i>	July 15, 16, 17	Ages 7&Up
<i>Volleyball Girls Clinic</i>	July 15 & 16	Ages 7-12
<i>Lacrosse Boys Clinic</i>	August 11 & 12	Ages 7-9
<i>Lacrosse Boys Clinic</i>	August 13 & 14	Ages 10-12
<i>Soccer Co-Ed Clinic</i>	June 23, 24, 25	Ages 9-12



## GOLF/TENNIS CAMP

Enjoy golf & tennis lessons, jump in the pool to cool off and then enjoy lunch at the golf course. Hat & towel included. All skill levels encouraged to participate. Please provide your own tennis racquet. In case of inclement weather, camp may be rescheduled.

Ages 7 and older Time: 9am - 1pm  
Cost: \$125 per session  
Camp Dates: Session 1: July 8, 9, 10  
Session 2: August 5, 6, 7

## JUNIOR GOLF CLINICS

Learn swing fundamentals & golf course etiquette. All skill levels encouraged to participate. In case of inclement weather, clinics may be rescheduled.

Ages: 7 and older Time: 9am - 11am  
Cost: \$90 per clinic  
Clinic Dates: Clinic 1: June 17, 18, 19  
Clinic 2: July 29, 30, 31

## BARRACUDAS SWIM TEAM



Our East West communities join forces to create Team Barracudas. The Riverfront pool remains open during practices, held on Monday & Wednesday evenings, but with limited lane use. The Riverfront pool will be closed during home swim meets. Home meet schedule: June 18, 25, July 9. Contact the team at: <http://www.leaguelineup.com/teambarracudas>

## KAYAKING & SAILING LESSONS - GATLING POINTE

Head on over to Gatling Pointe Yacht Club. They have classes for both children & adults. For more information & to register call GPYC at 357-0693.

## LADIES GOLF NIGHT

Join us for 9 Holes of golf! All levels encouraged to play.



Great way to get together with friends.  
Meets every Thursday. Tee Time: 4:30-5:00pm. Contact the Golf Club at 484-2200 to sign-up.



## YOGA WITH SUZANNE

All levels of experience are welcome to attend. Class meets Monday evenings from 6:30 - 7:45pm. Cost: Six Class Pass \$72 or Drop-In Class \$15  
Contact Suzanne at [gillespiethompson@yahoo.com](mailto: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  
Where: Bill Jesse Park Time: 7:35am  
Contact Sandy at [sandyspiro@verizon.net](mailto:sandyspiro@verizon.net).

## WAVEMAKER AQUA FITNESS CLASS AT LAKESIDE

This hour class should not be mistaken as "easy." We will incorporate interval training, noodles, cardio & resistance work into each class. Water is very suitable for all fitness levels, young and old. Whether you are coming back from an injury or are looking for an environment that surrounds you, literally, with resistance. Make the class as hard or easy as you need it to be. No swimming skills are necessary and participants can modify all exercises to their level of fitness. Classes begin June 9th and meet Monday & Wednesday beginning June 16th at 9:35am, Lakeside pool. Cost: \$80 per 4 week session.

## THE RIVERFRONT SOCIAL CLUBS



We have clubs for all our members! Bunco, Little Tots Play Group, Chik Lit, Chik Flick, Prime Timers, Mahjong, and more. Contact the swim club for more information.