

## FEBRUARY AQUATICS SCHEDULE - OUTDOOR POOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:00-7:00AM</b>	<b>MASTERS SWIM All Lanes</b>		<b>MASTERS SWIM All Lanes</b>		<b>MASTERS SWIM All Lanes</b>		
<b>10:00-11:00AM</b>		<b>SWIM FUNDAMENTALS All Lanes</b>		<b>SWIM FUNDAMENTALS All Lanes</b>			
<b>5:00-6:00PM</b>							
<b>6:00-7:30PM</b>							

- Updated pool schedules can be found on the Rollingwood Athletic Club App under the “Extra” tile or at [rollingwoodclub.com](http://rollingwoodclub.com).
- ***Members, please always ask the coach on deck about sharing lanes. If possible, they will work to do so.***

### OUTDOOR AQUA CLASS DESCRIPTIONS

**Swim FUNdamentals: *Low-Mod Intensity***

This one hour swim class is for all skill levels. We will teach you the swimming basics, refine your technique, and you will get a good workout while doing it! This class will be held in the outdoor pool, but may move inside during the colder months.

**Masters Swim: *Mod-High Intensity***

This one hour workout focuses on fundamentals, stroke technique, conditioning and stamina building. Whether you were born a water-baby, prefer a low impact workout, or are a triathlete who needs a boost for the swim portion of the race, this workout is for you!