

"The only sheltered, outdoor community pool kept at a warm 86 degrees"

ADULT PROGRAMS: JUNE 5 thru OCTOBER 21, 2017

[Cavanagh Pool closed on Monday, July 4th, and Labor Day, Monday, September 5th]

SELF-GUIDED EXERCISE

Time for individual exercise regimens, ranging from gentle stretches to water walking to aerobic workouts

- ❖ MORNING: MONDAY thru THURSDAY, 9:00 to 10:00 a.m. and FRIDAY, 11:00 a.m. to 1:00 p.m.
Changing August 14th to
 - MONDAY, TUESDAY & THURSDAY 9:30 to 11:00 a.m.
 - WEDNESDAY 9:30 a.m. to Noon
 - FRIDAY 11:00 a.m. to 1:00 p.m.
- ❖ EVENING: MONDAY, TUESDAY & THURSDAY, 6:45 to 7:45 p.m.*
Changing August 28th to TUESDAY & THURSDAY, 6:15 to 7:15 p.m.*
**NOTE: If no Evening Exercise patrons have arrived by 15 minutes after the start time, the pool closes for the day*
- ❖ SATURDAY: 11:00 a.m. to 1:00 p.m.

AQUA THERAPY & FITNESS

Instructor-led classes consisting of low-impact water exercises designed to increase core strength, flexibility, balance, and range of motion — all while protecting joints

- ❖ MONDAY, TUESDAY & THURSDAY, 11:00 a.m. to Noon and Noon to 1:00 p.m.
- ❖ WEDNESDAY, Noon to 1:00 p.m.

AQUA BOOGIE

Fun filled classes alternating high-intensity cardio exercises with lower-intensity strength and toning moves — all done to a variety of music. Come join the aqua party!

- ❖ WEDNESDAY, 6:45 to 7:45 p.m. — Changing August 30th to WEDNESDAY, 6:00 to 7:00 p.m.
- ❖ SATURDAY, 8:00 to 9:00 a.m. and 9:05 to 10:05 a.m.

RECREATIONAL SWIMMING for Youth & Adults

- ❖ MONDAY thru SATURDAY, 1:00 to 4:00 p.m.
Changing September 25th to FRIDAY & SATURDAY, 1:00 to 4:00 p.m.

FEES

- ❖ SELF-GUIDED EXERCISE and AQUA THERAPY & FITNESS: \$52 for a 12-Use Pass, OR \$6 per visit, OR \$255 for an Individual Season Pass March 27 thru August 26, and \$205 August 28 thru December 16
(Individual Season Passes are good for unlimited access to all adult programs, excluding Aqua Boogie)
- ❖ AQUA BOOGIE: \$8 per Class, OR \$30 for 4 Classes, OR \$65 for 10 classes
- ❖ REC SWIM: 12-Use Pass — Adults \$56, Seniors \$45, Those Under 18 & Pool Side \$24
OR Day Use — Adults \$5, Seniors \$4, Those Under 18 & Pool Side \$2
OR Season Pass, May 26 thru October 21 — Individuals \$255, Families of 2-5 \$295

SCHEDULE SUBJECT TO CHANGE

FOR SCHEDULE UPDATES: CALL 707-778-4536 OR E-MAIL CAVANAGHPPOOL16@GMAIL.COM