

ROOSEVELT AQUATIC CENTER

SEPTEMBER 2023

**OUTDOOR POOL
CLOSES AFTER
LABOR DAY**



Mark your calendars:

INFLATABLE OBSTACLE COURSE

September 23 - 10:00 a.m.

We're pulling out the inflatables and setting up the best obstacle course on water. Come test your skills!

FALL SWIM CLUB STARTING SOON

Parent Meeting - Oct. 2

Season Starts - Oct. 3

Swim club will be starting soon.

Come to the parent meeting for more information!

FALL SWIMMING LESSONS COMING

September 11 - 21

A new sessions of swimming lessons will be held later this month. Learn more below!

FALL SWIM LESSONS STARTING SOON

Fall swim lessons are starting soon, so it's time to register if you plan to participate.

The upcoming round of lessons will be held from Sept. 11-21. Registration opens on Monday, Sept. 4. Some sessions fill up quickly, so it's important to register as soon as possible.

This upcoming session will include learn to swim levels 1-4 (for those 6 years of age or older) and an adult swim class geared for teens and adults wanting to learn the basics. There will be no pre-school or parent/child classes offered during this session.

You can register online at www.rooseveltcity.com/aquaticcenter or in person at our front desk. Fees vary depending on the course level.

Swimming lessons are a great way to learn basic swimming skills and aquatic safety, improve existing skills, and have a great time in the water. Come join us!



FALL SCHEDULE 2023

Goes until the end of November

| FALL 2023 SCHEDULE Sept 5 – end of November | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|----------------|----------------|----------------|----------------|-----------------|-----------------|
| Morning Fitness | 5:00 – 7:15am | 8:00 - 9:30am |
| Morning Aerobics | 7:30-8:30am | | 7:30 – 8:30am | | 7:30-8:30am | |
| Obstacle Course (1 Saturday a month, varies) | | | | | | 10:00 - 11:30am |
| Morning indoor open swim | | | | | 10:00 – 11:30am | |
| Open/Fitness Swim* | 12:00 – 1:30pm | 12:00 – 1:30pm |
| High School Swim Team (begins Sept 5) Swim Meets [Select Wednesdays] will start @ 2pm | 3:30 – 5:30pm | 3:30 – 5:30pm | 3:30 – 6:45pm | 3:30 – 5:30pm | 1:45 – 3:45pm | |
| Tiger Muskies Swim Club (begins Oct 3) | | 5:30 – 6:45pm | 6:45 – 8:00pm | 5:30 – 6:45pm | | |
| Open Swim** | 5:45 – 8:00pm | | | | 4:00 – 6:00pm | 2:00 – 6:00pm |
| Evening Aerobics | | 7:00 – 8:00pm | | 7:00 – 8:00pm | | |
| Facility Rentals | | | | | 7:00 – 8:45pm | 7:00 – 8:45pm |
| Evening Fitness | 8:15 – 9:30pm | 8:15 – 9:30pm | 8:15 – 9:30pm | 8:15 – 9:30pm | | |

*lap lanes for fitness only, shallow end for open swim [indoor only]. Regular supervision policy, children 10 and older can come unaccompanied, under 10 must be accompanied by an adult, 6 and under must have an adult in the water at all times.

**When swimming lessons are going, open swim on Mondays is 7-8pm, Friday and Saturday as normal

FREE FITNESS WEDNESDAY ON SEPTEMBER 6

Grab a friend and come get fit at the Roosevelt Aquatic Center! Free Fitness Wednesday will resume on Wednesday, Sept. 6. Grab a friend and attend any scheduled fitness time that day, including water aerobics class. Anyone can get in for free to try one of our fitness activities!

Have a friend who's been reluctant to work out with you? Are you sure that they'd like it if you could just get them to try it? This is the perfect opportunity! Invite your friend and come workout with us!



UPCOMING CHANGES

Due to the swim lesson session in September, Monday night open swim will be from 7:00 - 8:00pm on September 11th and 18th.

Morning water aerobics will be from 7:30am to 8:30am on Mondays, Wednesdays, and Fridays. Evening water aerobics will only be on Tuesdays and Thursdays from 7:00pm to 8:00pm.

Morning open swims will resume on Friday mornings from 10am to 11:30am starting on September 8th.

Due to the high school homecoming, on Saturday September 16th, our schedule will offer Mid-day fitness from 12 - 1:30pm and open swim from 2:00 - 6:00pm with no other activities that day.



**LABOR DAY
SCHEDULE**

9 / 4

8-9:30 AM - Morning Fitness
12-1:00 PM - Outdoor Parent/Child
1:30-5:30 PM - Open Swim


