

ROOSEVELT AQUATIC CENTER

January 2024

Happy New Year

Mark your calendars:

INFLATABLE OBSTACLE COURSE

Saturday, Jan. 20 - 10:00 a.m.

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

LIFEGUARD, WSI CLASSES COMING SOON

Training classes are about to begin for new lifeguards and water safety instructors.

Water safety instructors (WSIs) are certified to teach swimming lessons. The water safety instructor class will run from February 19 - 29 for 9-10 total days of instruction.. Classes are held Monday - Friday from 3:30 p.m. to approx. 7 p.m.

Attendees who pass the pre-screening on February 19 will be enrolled in the full WSI course. Remember that there are NO FEES for the class. You must be 16-years-old or older to attend.

MLK JR. DAY SCHEDULE CHANGES

Jan. 15:

Morning fitness: 5am - 7:15am

Morning aerobics: 8am - 9am

UHS swim: 9:30am - 11:30am

Open/fitness: 12:00 - 1:30pm

Open swim: 2pm - 6pm

A new lifeguard training session will also begin soon. The next lifeguard class will be held from April 8 - 18 for 8 total days of instruction. Classes will be held Monday-Friday from 3:30 p.m. to 8 p.m.

Like the WSI class, aspiring lifeguards must also pass a pre-screening before being admitted to the course in full. Those who pass the pre-screening will be admitted to the class. Remember that there are NO FEES for the class. You must be 15-years-old or older to attend.

For more information, please call us at 435-722-4851.

FREE FRIEND FOR FITNESS WEDNESDAY

First Wednesday each month

Keep up those New Year's resolutions and bring a friend for free on the first Wednesday of the month.

MODIFIED SCHEDULE FOR JAN 19

Due to a swim team away meet, we will be having a modified schedule on Friday Jan. 19. We will have our normal schedule up until 1:30pm. We will then close for the rest of the day after 1:30pm.

cheers
TO THE
NEW YEAR

2024 ROOSEVELT AQUATIC CENTER SCHEDULE

Schedule is subject to change throughout the year

Morning, Midday, and Evening Fitness

School Year Schedule (January 3 – May 24, August 20– December 20)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Fitness	5:00 – 7:15am	8:00 – 9:30am				
Midday Fitness	12:00 – 1:30pm					
Evening Fitness	8:15 – 9:30pm	8:15 – 9:30pm	8:15 – 9:30pm	8:15 – 9:30pm		

Summer Schedule (May 28 – August 19)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Fitness	5:00 – 7:15am	8:00 – 9:30am				
Midday Fitness	12:00 – 1:00pm					
Evening Fitness	9:00 – 10:00pm					

*Some fitness times are cancelled throughout the year due to special events and activities.

Water Aerobics

School Year Times (January 3 – May 24, August 20 – December 20)

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Aerobics	8:00 – 9:00am		8:00 – 9:00am		8:00 – 9:00am
Evening Aerobics		7:00 – 8:00pm		7:00 – 8:00pm	
Cancelled Class Times: Jan 2, Jan 15, Feb 19, Mar 4-8, Apr 1-5, May 24, May 27, Sep 2, Oct 31, Nov 20-22, Dec 23-Jan 2					

Summer Times (May 28 – August 19)

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Aerobics	7:30 – 8:30am				
Cancelled Class Times: July 4, July 24, Aug 2					

Tiger Muskies Swim Club

Home Meets: June 15 and November 9

	Monday	Tuesday	Wednesday	Thursday	Friday
Oct 3 – Feb 8, 2024		5:30 – 6:45pm	6:45 – 8:00pm	5:30 – 6:45pm	
Apr 30– May 23		4:00 – 6:00pm	4:00 – 6:00pm	4:00 – 6:00pm	
May 28 – July 26	8:45 – 10:30am				
Oct 1 – Feb 6, 2025		5:30 – 6:45pm	6:45 – 8:00pm	5:30 – 6:45pm	

Swimming Lessons

Session Dates and Times:

- March 18-28 5:30pm-7:00pm
- May 28-June 6: 8:45am – 12:00pm (Tues-Fri, Mon-Thurs)
- June 17-27: 8:45am – 12:00pm
- July 8-18: 8:45am – 12:00pm
- July 29-Aug 8: 8:45am – 12:00pm
- September 9-19: 5:30pm-7:00pm

Cleaning Week

- Closed March 4-9

Lifeguarding & Water Safety Instructor Courses

Lifeguard Class dates:

April 8-18 (8 days) Mon-Thurs 3:30pm-8:00pm
August 5-15 (8 days) Mon-Thurs 9:00am-1:00pm

Lifeguard Re-certification dates

(For currently certified lifeguards):
February 5-7 from 5:30pm-8:30pm
June 10-13 from 8:00am-noon

Water Safety Instructor Class dates:

February 19-29 (9-10 days) Mon-Fri 3:30pm-7:00pm
May 28 – June 7 (9-10 days) Mon-Fri 9:00am-1:00pm