

Fall 2018
Online Registration Available
www.rrecreation.com

CITY of RIVERTON



RECREATION

AND CWC COMMUNITY EDUCATION





What's Inside

2018 Fall 'R' Recreation Brochure

September - December, 2018

TABLE OF CONTENTS

Kidz Korner	2-3
Youth Sports	3-4
Family & Youth Activities	4-5
Adult Health and Fitness	5-6
Special Interest	6-7

'R' RECREATION/COMMUNITY EDUCATION

Mary Axthelm- Program Manager	855-2015
Recreation Activities Coordinator	855-2190
Mandy Bailey- Community Education	855-2026

The 'R' Recreation and Community Education offices are located in the Professional Technical Center on the CWC Campus, 2660 Peck Avenue, Riverton WY 82501

CITY OF RIVERTON COUNCIL

Mayor – John 'Lars' Baker

Ward 1 – Sean Peterson, Kyle Larson

Ward 2 - Lance Goede, Rebecca Schatza

Ward 3 – Mike Bailey, Tim Hancock

CITY OF RIVERTON PHONE NUMBERS

Riverton City Hall	856-2227
Riverton City Parks Reservations	857-7720
Chamber of Commerce	856-4801
Riverton Aquatic Center	856-4230
Riverton Branch Library	856-3556
Fremont County Fair Office	856-6611
School District 25 Central Office	856-9407

Additional Recreational Opportunities and Information can be found at rrecreation.com.

PAYMENT AND REFUNDS

Registration and payment of each class is required at the time of registration. We MUST have a 48 hour notice if you are canceling your registration for a program. Any cancellations made within 48 hours of the class will NOT be refunded. 'R' Recreation does not "save spots" for any programs without proper registration and payment of fees. Phone reservations will not be accepted.



Recently the funding for the 'R' Recreation program was reduced significantly resulting in and deeply impacting the following areas; increased program fees, a decrease in offerings and a significantly smaller brochure publication that will no longer be inserted in the Ranger newspaper. Please contact us if you have further questions or concerns at 855-2015.

KIDZ CORNER

Lil' Hoopers Basketball

Boys and girls, 3-5 years old come and join the fun and excitement with the Lil' Hoopers Basketball program led by CWC's Lady Rustler coach, Lindsey Fearing and Rustler players. The program will emphasize appropriate skills, while encouraging participation and sportsmanship in a fun-environment. Limited number of kids allowed due to the age and size of gym.

Registration Deadline: Monday, September 10

Date: Sept. 11-27; Tues/Thurs

Time: 4:30-5:15pm

Place: Jackson Elementary Gym

Ages: 3-5 years old (No Kindergarteners)

Cost: \$30

Big Space Toddler Time

Toddlers curiosity is high, they plunge headlong into life ready to taste and test every inch of this new world. For optimal development, they need a broad base of experiences, hosted by adults who offer new and exciting situations for them to explore and manipulate freely. Moving in spaces bigger than most living rooms and learning how to roll, kick and throw a ball, step on and over things, crawl through things, jumping and running is important for their gross motor development.

Registration Deadline: Friday, November 2

Dates: Nov. 10-Dec. 15; Saturdays

Time: 10-11am

Place: Tonkin Activity Center

Ages: 1-2 years old

Cost: \$30

Kidsercise

Your preschool aged child will be dancing and singing as they experiment with balls, hoops, and bean bags, games of tag and many other fun games. Through these activities children get the movement and exercise they love and need, while simultaneously developing all of the learning domains that are so critical for later school performance. This class is based on a curriculum for Preschool and Kindergarten age children from the Netherlands, and facilitated by a teacher from the Netherlands.

Registration Deadline: Friday, November 2

Dates: Nov. 10-Dec. 15; Saturdays

Times: 11am-Noon

Place: Tonkin Activity Center

Ages: 3-5 years old

Cost: \$30

YOUTH SPORTS

Little Spikers Volleyball

Boys and girls in first, second or third grade can come and join the fun and excitement with the Little Spikers 'R' Volleyball program. The camp consists of a series of fun group activities and non-competitive short games. Little Spikers focuses on exercise, coordination, participation and basic volleyball skills.

Registration Deadline: Friday, September 28

Date: Oct. 2-Oct. 18; Tues/Thurs

Time: 4:30-5:30pm

Place: Willow Creek Elementary Gym

Ages: 1st-3rd grade

Cost: \$30

Junior 'R' Volleyball

Here is a great way for fourth, fifth and sixth graders to develop skills and improve their knowledge of the game. Instruction will include passing, setting, hitting and serving with a focus on the fundamentals of the game. Players of all ability are encouraged to use this opportunity to improve on skills and tactics of the game!

Registration Deadline: Friday, September 28

Date: Oct. 2-Oct. 18; Tues/Thurs

Time: 5:30-6:30pm

Place: Willow Creek Elementary Gym

Ages: 4th-6th grade

Cost: \$25

Playmaker Basketball

(Wind River Conference Basketball)

The 'R' Rec Playmaker Basketball for 5th & 6th grade boys & girls will be playing in county-wide league games in the Wind River Conference and developing fundamental skills, game strategy, and teamwork. Please note that this is not a Riverton Middle School or School Dist. 25 activity. Parents are responsible for transportation to all practices and games. Depending on the number of players there may be a game rotation implemented to maximize game time for all players. The registration fees will cover the cost of hiring coaches, game referees and scorekeepers.

Girls Wind River Conference Basketball League

Registration Deadline: Wednesday, October 3

Date: Oct. 9-Nov. 15; Mon – Thurs + Games

Time: 4-5:30pm

Place: Rendezvous Elementary Gym

Ages: 5th-6th grade

Cost: \$60

Game Schedule:

October 16 vs. St. Stephens 4/5pm

October 23 at Ft. Washakie 4:30/5:30pm

October 25 at Lander 4/5pm

October 30 at St. Stephens 4/5pm

November 1 vs. Arapahoe 4/5pm

November 8 vs Lander 4/5pm

November 13 vs. Shoshoni 4/5pm

November 15 at Arapahoe 4/5pm

Boys Wind River Conference Basketball League

Registration Deadline: Friday, December 21

Date: Jan. 7-Feb. 12; Mon – Thurs + Games

Time: 4-5:30pm

Place: Rendezvous Elementary Gym

Ages: 5th-6th grade

Cost: \$60

Game Schedule:

January 16 at Lander 4/5pm

January 22 vs. Ft. Washakie 4/5pm

January 24 vs. Arapahoe 4/5pm

January 29 vs. Lander 4/5pm

January 31 at St. Stephens 4/5pm

February 5 at Arapahoe 4/5pm

February 7 at Shoshoni 4:30/5:30pm

February 12 vs. St. Stephen's 4/5pm



Playmaker Basketball Development League

The Playmaker Basketball Development League combines clinic like instruction and small-sided game play in a five week program that will prepare our boys and girls for the future of Wolverine Basketball.

Transition League; 3rd-4th grade

Registration Deadline: Friday, October 5 (Girls)

Friday, January 11 (Boys)

Date: Oct. 15-Nov. 14; Mon/Wed (Girls)

Jan. 21-Feb. 20; Mon/Wed (Boys)

Time: 5:30-6:30pm

Place: Rendezvous Elementary Gym

Cost: \$30

Rookie League; 1st-2nd grade

Registration Deadline: Friday, October 5 (Girls)

Friday, January 11 (Boys)

Date: Oct. 16-Nov. 15; Tues/Thurs (Girls)

Jan. 22-Feb. 21; Tues/Thurs(Boys)

Time: 5:30-6:15pm; 1st grade

6:15-7pm; 2nd grade

Place: Aspen Park Elementary Gym

Cost: \$30

Mini Playmakers; Kindergarten (Coed)

Registration Deadline: Friday, October 12 (Session 1)

Friday, January 18 (Session 2)

Date: Oct. 23–Nov. 15; Tues/Thurs (Session 1)

Jan. 29–Feb. 21; Tues/Thurs (Session 2)

Time: 5:30-6:15pm

Place: Jackson Elementary Gym

Cost: \$30/session

Junior Wrestling Camp

Boys & girls are invited to join us for a holiday wrestling camp. Wrestlers will learn basic moves and rules along with participating in tumbling and conditioning exercises. Coach Matt Coughanour who has 10 years coaching wrestling at the high school and middle school level will lead this camp. Wrestlers are asked to wear athletic clothing and wrestling head-gear is optional.

Registration Deadline: Friday, December 21

Date: Dec. 26-28; Wed-Fri Time: 9-10am; 4-6 years old

10-11am; 6 years old(w/experience)-8 years old

Place: Tonkin Activity Center

Age: 4-8 years old

Cost: \$30

FAMILY & YOUTH ACTIVITIES

Rock Climbing 'The Wall'

This is a half day off from school for District 25 students. Enjoy the skills and thrills of safe indoor rock climbing on CWC's climbing wall. You will have lots of fun hanging and swinging on the climbing ropes to successfully reach the top. This class is a beginner class and no experience is necessary. You will learn from the experience and expertise of Stacy Wells, NOLS Senior Instructor. Please indicate shoe size when registering for the class. Participants must register in advance for each class, as class size is limited. The 1pm and 3pm start times are considered as a separate classes.

Registration Deadline: Friday, October 19

Date: Oct. 26; Friday Time: 1-3pm (Session 1) 3-5pm (Session 2)

Place: CWC Climbing Wall (gymnasium lobby)

Ages: 8-14 years old Cost: \$20/session



Join us for a memorable morning of crafting and creating Christmas decorations and gifts where you will get to be the elf in Santa's Workshop! You will be thrilled with the projects that you will create and take home to share with your family and friends. Come dressed in your favorite and fun holiday outfit – we will have prizes for the most creative "holiday cheer". The early registration deadline is so that proper supplies can be purchased.

Registration Deadline: Friday, November 16

Date: Dec. 8; Saturday

Time: 10am-Noon; K-2nd grade (Class A)

1-3pm; 3rd-5th grade (Class B)

Place: CWC Art Center, Room 106

Cost: \$20/class



'R' Family Open Gym

Here is a great way for kids and families to break up the monotony of the winter months. After dinner is finished and the homework is done come out and play! There will be a volleyball net (with enough participation) and basketball hoops available for friendly pick-up games or just shooting around. Please note that the program will be cancelled if there is not adequate attendance.

Registration Deadline: Ongoing

Dates: Nov. 27-Dec. 18; Tuesdays (Session A)

Jan. 8-29; Tuesdays (Session B)

Time: 7-8:30pm

Place: Rendezvous Elementary Gym

Cost: \$10/person/1 full session or \$5/person/evening

Ice Skating at the Riverton Community Ice Rink

Be watching our Facebook page for the opening of our own Tonkinfeller Plaza, Riverton's Community Ice Rink at Tonkin Stadium, as soon as the weather is cold enough to put down a few layers of ice! The Rink is always open to the public (*note the Cold Weather Safety Policy) but skate rentals will be available for \$3 on the following schedule:

Opening Date through December 21:

Fridays: 3-8pm 1-8pm Saturdays: 1-8pm Sundays:

Christmas Break (Dec 22-Jan. 6):

Monday-Saturday: 1-8pm 1-5pm Sundays:

December 24 & 25 No Rentals Available

December 31 1-5pm

*Cold Weather Safety Policy: For the safety of our skaters the ice skating rink will be closed if the temperature is below zero or the temperature + wind chill are below zero.

Learn to Skate

In our Learn to Skate class the fundamentals of ice skating will be taught, including forward and backward skating, stops, crossovers and turns. Helmets are REQUIRED for participation in all classes. Classes are taught by US Figure Skating certified instructor, Mary Lea Wolf, and will be held at the Community Ice Rink in Tonkin Stadium.

Registration Deadline: Friday, December 21

Dates: Dec. 26-28; Wed-Fri (Session 1) Jan. 2-4; Wed-Fri (Session 2)

Time: 11am-Noon Place: Tonkifeller Plaza Ages: 6-12 years old

Cost: \$20 (includes skate rentals)

ADULT HEALTH & FITNESS

Get Nordic Walking Wyoming!



Get more from your usual walk with Nordic Walking! Nordic Walking develops upper and lower body strength, and burns 40% more calories than regular walking. Join Penny Fahey, certified instructor with the American Nordic Walking Association, as she teaches techniques for Nordic Walking in this series of classes that will give you a great work-out outdoors! Poles will be provided for participants of the classes. Learn more about Nordic Walking at www.healthypennyswellness. com, click on the Nordic Walking Wyoming tab.

(Limited to 6 participants)

Registration Deadline: Tuesday, September 11

Date: Sept. 13-Oct. 4; Thursdays

Time: 5:30-6:30pm Place: Jaycee Park

Cost: \$25 (includes the use of Nordic Walking Poles)

HIIT Challenge - AM

This course will primarily use the HIIT (High Intensity Interval Training) method to challenge students to improve their current level of overall fitness. The workouts will involve a variety of cardio interval, full body functional, and circuit training exercises as well as use of free weights and or machines to promote a strong core, increased overall strength, balance, and flexibility. All fitness levels welcome. This class is led by Kenna Sweglar, Certified Fitness Trainer.

Registration Deadline: Friday, September 14 (Session 1) Friday, November 2 (Session 2)

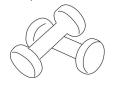
Date: Sept. 18-Oct. 25; Tues/Thurs (Session 1)

Nov. 6-Dec. 20; Tues/Thurs (Session 2)

Time: 5:15-6:15am

Place: CWC Fitness Center

Cost: \$55/session





HIIT Challenge - PM

This course will primarily use the HIIT (High Intensity Interval Training) method to challenge students to improve their current level of overall fitness. The workouts will involve a variety of cardio interval, full body functional, and circuit training exercises as well as use of free weights and or machines to promote a strong core, increased overall strength, balance, and flexibility. All fitness levels welcome. This class is led by Kenna Sweglar, Certified Fitness Trainer.

Registration Deadline: Friday, September 14 (Session 1)

Friday, November 2 (Session 2)

Date: Sept. 17-Oct. 24; Mon/Wed (Session 1)

Nov. 5-Dec. 19; Mon/Wed (Session 2)

Time: 5:30-6:30pm

Place: CWC Fitness Center

Cost: \$55/session

Women's Volleyball League

Get your ladies together for our Women's only volleyball league and be ready for some good competition and exciting volleyball matches! There will only be a fall session offered with tournament concluding the league play. Each team is required to ref and scorekeep for another game during the evening. (Limited to 8 teams)

Registration Deadline: Friday, October 5

Dates: Oct. 15-Nov. 19; Mondays

Time: 7-9pm

Place: Riverton High School Gym

Cost: \$80/team

Adult Coed Volleyball League

This is the same great league that has existed in Riverton for years so get your team ready for some good competition and exciting volleyball matches! Teams can be any combination of men and women but may not have more men. There will be an A and B division if there is enough teams in each. Each team is required to ref and scorekeep for another game during the evening.

(Limited to 12 teams)

Registration Deadline: Friday, October 5 -

Dates: Oct. 10-Nov. 14; Wednesdays

Time: 7-9pm

Place: Riverton High School Gym

Cost: \$80/team



Strong!

Join certified trainer Penny Fahey of Healthy Penny's Wellness Solutions for this new training series to help you regain strength and fitness, or find the strength you never knew you had. Take control of your health with these 5 week sessions that incorporate a variety of activities to help you progressively get strong again. Attention fans of Penny's Indoor Walking Class: Walk 15 will be included along with core stability, balance training, and overall strengthening exercises. We will be doing some floor exercises, so feel free to bring a mat! Questions about the class? *Contact Penny at www. healthypennyswellness.com.*

Waking Up the Body with Mobility and Core Strength

Registration Deadline: Friday, October 5

Date: Oct. 9-Nov. 8; Tues/Thurs

Time: 5:30-6:30pm

Place: CWC Dance Studio

Cost: \$45/session or \$75/both sessions

Get Up Off the Floor with Balance & Strength

Registration Deadline: Friday, November 9

Date: Nov. 13-Dec. 20; Tues/Thurs

(No class the week of Nov. 19)

Time: 5:30-6:30pm

Place: CWC Dance Studio

Cost: \$45/session or \$75 both sessions

Tai Chi Fit

Tai Chi Fit comes to the Riverton Library and is the perfect activity to help you take a break from a busy day! There are no set routines to memorize, just follow the lead of certified instructor Penny Fahey. Tai Chi Fit is effective in improving stress levels, balance, strength and flexibility for all ages and physical abilities. Look for Penny's Tai Chi Fit Classes offered at the Riverton Library Tuesdays at Noon at no cost.

SPECIAL INTEREST

BLS for Healthcare Providers

This instructor-led, video-based course is designed for healthcare professionals, students and allied health professionals (i.e. trainers and therapists) who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of settings. The focus of this course is on training participants to promptly recognize several lifethreatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED. It includes adult, child, and infant rescue techniques. Krista Edwards, certified AHA instructor with Life Essentials, LLC has been teaching CPR and First Aid classes for over seven years. Students will receive a 2-year certification card upon completion.

Registration Deadline: Wednesday, September 12

Dates: Sept. 14; Friday Time: 8:30am-12:30pm

Place: Health & Science Bldg., Room 207A Cost: \$50 (includes book and CPR Card)

Fundamentals of Salsa



If you love salsa, come learn to make your own. This hands-on workshop will walk you through the steps for making and canning salsa and other high-acid foods. The basics of water bath canning will be covered to ensure safe preservation. All materials will be provided.

Registration Deadline: Monday, September 17

Date: September 18; Tuesday

Time: 5:30-8pm

Place: Riverton Middle School Food Lab

Cost: \$10

ALICE Training

The goal of A.L.I.C.E. (Alert, Lockdown, Inform, Counter, Evacuate) training is to prepare community members to respond to an active shooter threat in the workplace using techniques and practices that have been demonstrated to greatly improve your odds of survival. This course is designed to teach proactive option based survival strategies that can easily be employed in order to bridge that critical gap from the beginning of a violent event until the arrival of law enforcement. A proactive option based response to an active shooter event is now recommended by the US Department of Homeland Security and the US Department of Education as well as numerous state and local law enforcement agencies. Class Instructors bring a combined 54 years of prior law enforcement experience. Please wear comfortable loose fitting clothing including long pants, long sleeved shirts, long sleeved jackets, sweaters or hoodies, sweatshirts. No short sleeved shirts, shorts or sandals or open toe shoes please. Please do not bring any personal defense items to this training including knives, Personal Tasers, pepper spray or mace. Class Instructors bring a combined 54 years of prior law enforcement experience. You must register to attend. Check rrecreation.com for future dates.

Refuse to Be a Victim

This training is a personal protection course. You will learn to help protect yourself from becoming a victim of a crime while in class, on vacation or even in your own home. National Rifle Association certified instructor present this training. Check rrecreation.com for future dates.

Fremont County Business Competition Business Planning Training Series

Successful applicants to the 2018 Fremont County Business Competition will be invited to join a 4-week, 6-session business planning training from September 18 - October 9. At the end of the training, participants will be asked to submit a written business plan for the chance to pitch to a community panel. Register at https://fremontcountybusinesscompetition.com/

Dates: Sept. 18, 20, 25, Oct. 2, 4, 9; Pitch Day: Oct. 30

Time: 6-8:30pm

Place: Frank B.Wise Business Plaza - Ft. Washakie



Foodpreneur

Wyoming SBDC presents a network training event. Small Potatoes is a boutique marketing, advocacy, and consulting firm specializing in small scale and start up food product companies seeing to launch and grow their business. Small Potatoes is committed to helping their clients break into the marketplace in a way that is practical, manageable, and sustainable. Foodpreneur Marty Butts of Small Potatoes is touring Wyoming presenting topics such as ABC's of Starting a Food Business, Defining the Market for your Small Scale Food Product, & Selling Your Small Scale Food Product. Register at https://wyomingsbdc.org

Registration Deadline: Monday, September 24

Date: Sept. 26; Wednesday

Time: 6-8:30pm

Place: CWC Lander Center

Cost: \$15/person

Start Your Own Business Seminar



Thinking about starting your own business? This program provides a basic overview for starting a small business in Wyoming. The program covers the stages of a business start-up, defining your business concept, testing the feasibility of your business concept, the business plan, financial realities, and pre-launch requirements. This is designed to be an interactive program, so bring your questions. This is a free program, but pre-registration is appreciated.

Sarah Hamlin is the Fremont County Business Advisor for the Wyoming SBDC Network. In addition to general business advising, Sarah has a specialty in online marketing, helping clients with website content, social media strategies, and writing online marketing plans.

Sign up online or by contacting CWC Lander at 307-332-3394 or landercenter@cwc.edu

Registration Deadline: Tuesday, October 17

Date: Oct. 16; Tuesday

Time: 6-8pm

Place: CWC Lander Center

Cost: Free

Computer Training

(Register for one computer class or all three for \$95)

Introduction to Computers and Microsoft Windows

Learn the basics of your personal computer. Instruction includes how to find out what programs are on your computer and how to get them so they are handy to use. Learn to set up your desktop the way you want it and how to organize your files so you can find things when you want them.

Registration Deadline: Thursday, October 18

Date: Oct. 20; Saturday

Time: 9am-1pm

Place: CWC Health & Science Bldg., Room 208 Cost: \$35 (*Take all 3 computer classes for \$95*)

Microsoft Word

Students will learn basic formatting, including cut and paste, fonts, borders, pictures and layout. This class will also cover printing envelopes and labels. You'll learn to get the most out of Microsoft Word for personal or professional use.

Registration Deadline: Thursday, October 25

Date: Oct. 27; Saturday

Time: 9am-4pm (hour lunch break)

Place: CWC Health & Science Bldg., Room 208 Cost: \$45 (*Take all 3 computer classes for \$95*)

Microsoft Excel

Learn ways that Microsoft Excel can be used in your daily life or professional work environment. The instructor will show you how to develop your own spreadsheet or choose from templates that are available from Microsoft. These include calendars, lists and bookkeeping.

Registration Deadline: Thursday, November 8

Date: Nov. 10; Saturday

Time: 9am-4pm (hour lunch break)

Place: CWC Health & Science Bldg., Room 208 Cost: \$45 (*Take all 3 computer classes for \$95*)





Hunter's Safety

This is the Wyoming Game and Fish certified hunter safety education course. Successful completion of this course is required for all hunters born after Jan 1, 1966 and it is required for hunters of any age before participation in the Teton Park Elk Hunt. Fee covers all materials. Attendance at all 5 class meetings is required. Instructors, Tim Pierce and Kelly Baptist, hold certification to teach this course from the Game and Fish. Limit 30 certifying students; parents are welcome to accompany youngsters.

Registration Deadline: Friday, December 21 (Session 1) Friday, January 25 (Session 2)

Date: Jan. 3,7, 10, 14, 17; Field Day Jan. 19 (Session 1) Feb. 47, 11, 14, 21; Field Day Feb. 23 (Session 2)

Time: 6:30-9:30pm (Classroom times)

Place: CWC Health and Science Bldg., Room 100

Cost: \$16/session

ADDITIONAL COMMUNITY ACTIVITIES

Riverton Branch Library

The staff of the Riverton Branch Library are dedicated to offering the Riverton community the best in literature, movies, music, State and National news, programming and online services including gaming. You can find us on Facebook at rivertonbranchlibrary and Instagram, RBLTEENSCEEN for up to date library news and information for toddler and preschool activities, LEGO club, Zombie Zone, and many fun activities for teens!

Hours of Operation:

Monday-Thursday 10am-7pm Friday-Saturday 10am-4pm Contact Phone: 856-3556

Riverton Ice Hockey Association

Riverton Ice Hockey has instruction and leagues for all abilities ages 3-18 years old. They will be taking registration for travel teams through September 30th (additional fees may apply for late registrations). These teams participate in the Wyoming Amatuer Hockey League (WAHL) against other cities from Wyoming.

Travel Teams

Registration Deadline: Sunday, September 30

Cost/Ages: Midget: \$250; (Born in 2000, 2001, 2002 & 2003)

Bantam: \$200; (Born in 2004 & 2005)
Pee Wee: \$180; (Born in 2006 & 2007)
Squirt: \$160; (Born in 2008 & 2009)
-includes equipment rental

Non-Travel Teams

Registration Deadline: Saturday, December 15

Mite: \$125 (Born in 2010 or later) - includes equipment rentals

To register or if you want more information go online at www. rivertonhockey.org or find us on Facebook @RivertonIceHockey. You can email any questions to rihapresident@gmail.com.

Riverton Aquatic Center



Enjoy one of the finest aquatic facilities in the state. Facilities include hot tub, sauna, steam room, wading pool, and a main pool with lap lanes and diving boards. Contact the Riverton

Aquatic Center at 856-4230 for additional information. Lap Swim: Monday-Friday, 5:15-8am and 12-1pm

Dap 5 wini: Wioliday 111day, 5.15 dain a

Family Swim: Friday, 5:30-7:30pm

Open Swim: Friday, 7:30-9pm; Saturday, 10am-2pm and

4-6pm; Sunday, 12-4pm

Special Events

RAC is proud to introduce the "Swim in Movie". Join us on October 31, November 22 and December 20 from 5:30-7:30pm for a night of extra entertainment. The RAC staff will be playing family friendly movies on our big screen while you swim.

Holiday Break Schedule

December 21-January 2 Lap Swim 5:15-9am/12-1pm Open Swim 2-4pm/6-8pm

Holiday Closures

RAC will be closed September 4, November 23-24, December 24-25 and December 31-Jan 1.

