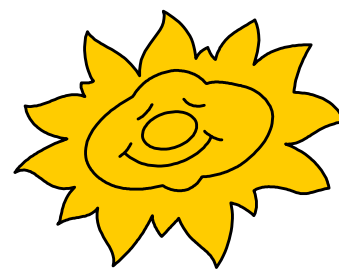




August 2017



Pool schedules & additional information: lacamassport.com

Phone: 834-8506

Club Hours: Mon - Fri 5am -10pm
 Saturday 7am - 7pm
 Sunday 9am - 7pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 Spin (SP) 9-11:30 Kids Club 9:00 Aqua Workout (IP) 9:15 Bike Blast (SP) 9:15 Zumba+ (GF) 10:00 Masters Swim* (GV) 10:15 Yoga (SP) 11:00 SilverSneakers® (GF) 10a-2 Swim Lessons (IP) 2-4 Family Time (Weight/Cardio) 2:15-7 Basketball (1/2 Gym) 3:15-8 Swim Teams* (GV) 3:15-4 ST Dryland* (SP) 4-6:30 Swim Lesson*(IP) 4-8:30 Family/Lap (IP) 4:10-6:20 Kids Club 4:15 Barre (GF) NEW! 4:45-5:15 ST Dryland* (SP) 5:15 Bike Blast (SP) 5:30 TEAM Lac Attack* (WR) 6:00 Zumba (GF) 6:30-8:30 Public Swim* (IP) 7-9 Confident Driving* (SP)	5:15-6:15 Masters*(GV) 8:45 Step Express (GF) 9-11 Kids Club 9:15 Blast (GF) 9:15 Stretch & Breathe (SP) 10:00 Spin (SP) 11:00 Silver Rhythm (GF) 10a-2 Swim Lessons (IP) 12:00 TEAM Lac Attack* (WR) 12:15 Pickleball (Gym) 2:15-7 Basketball (1/2 Gym) 3:15-8 Swim Teams* (GV) 4-6:30 Swim Lesson*(IP) 5:10-8:05 Kids Club 6:00 Bike Blast (SP) 6:15 U Jam (GF) NEW! 6:30-8:30 Family/Lap (IP) 7-9 Confident Driving* (SP) 7:00 Masters Swim* (GV) 7:00 Body Sculpt (GF) NEW! 7:45 Adlt Swim Clinic* (IP/GV)	6:00 Spin (SP) 9-11:30 Kids Club 9:00 Aqua Workout (IP) 9:15 TEAM Lac Attack* (WR) 9:15 Zumba+ (GF) 10:00 Masters Swim* (GV) 10:15 Yoga (SP) 11:00 SilverSneakers® (GF) 10a-2 Swim Lessons (IP) 2-4 Family Time (Weight/Cardio) 2:15-7 Basketball (1/2 Gym) 3:15-8 Swim Teams* (GV) 3:15-4 ST Dryland* (SP) 4-6:30 Swim Lesson*(IP) 4-8:30 Family/Lap (IP) 4:10-6:20 Kids Club 4:15 Barre (GF) NEW! 4:45-5:15 ST Dryland* (SP) 5:15 Bike Blast (SP) 5:30 TEAM Lac Attack* (WR) 6:00 Yoga (GF) 6:30-8:30 Public Swim* (IP) 7-9 Confident Driving* (SP) 7-9 Pickleball (Gym)	5:15-6:15 Masters*(GV) 8:45 Step Express (GF) 9-11 Kids Club 9:15 Blast (GF) 9:15 Stretch & Breathe (SP) 10:00 Spin (SP) 11:00 Silver Rhythm (GF) 10a-2 Swim Lessons (IP) 12:00 TEAM Lac Attack* (WR) 12:15 Pickleball (Gym) 2:15-7 Basketball (1/2 Gym) 3:15-8 Swim Teams* (GV) 4-6:30 Swim Lesson*(IP) 5:10-8:05 Kids Club 6:00 Bike Blast (SP) 6:15 U Jam (GF) NEW! 6:30-8:30 Family/Lap (IP) 7-9 Confident Driving* (SP) 7:00 Masters Swim* (GV) 7:00 Body Sculpt (GF) NEW! 7:45 Adlt Swim Clinic* (IP/GV)	5:00 Free Friend Day (B/4) 6:00 Spin (SP) 9-11:30 Kids Club 9:00 Aqua Workout (IP) 9:15 Bike Blast (SP) 9:15 Cardio Circuit (GF) NEW! 10:00 Masters Swim* (GV) 10:15 Yoga (SP) 10:30 Zumba Express (GF) 11:00 Silver&Fit® 1 (GF) 2-10 Family Time (Weight/Cardio) 2:15-7 Basketball (1/2 Gym) 3:15-8 Swim Teams* (GV) 4-8:30 Family/Lap (IP) 5:15 Zumba (GF) NEW! 6:30-8:30 Public Swim* (IP)	7:00 Masters* (GV) 7:00 Tri Swim (GV) 7:00-12 Swim Lessons* (IP) 7:55-11 Kids Club 8:00 BollyX/Zumba (SP) NEW! 8:00 Senior & Gold ST* (GV) 8:30 Bike Ride if dry! (L) 9-11 Full Court Basketball 9:30 Boot Camp (GF) 10:00 Silver & Senior B* (GV) 10:15 TEAM Lac Attack* (WR) 10:15 Yoga (GF) *GVAC CLOSED 8/19 for a SWIM MEET* 12-5pm Family/Lap (GV) 12-6:30p Family/Lap(IP) 12-7 Family Time (Weight/Cardio) 12:15 Pickleball (Gym) 4:30-6:30p Public Swim* (IP)	7:30 Run Group (parking lot) Party/Facility Rentals: See the front desk to reserve your time...Limited days & times are available. 9a-6:30p Family/Lap (IP) 12-5pm Family/Lap (GV) 12-7 Family Time (Weight/Cardio) 3:30 Pickleball (Gym) 4:30-6:30p Public Swim* (IP) 5:45 R.I.P.P.E.D (GF) NEW!
					Events/Reminders: +Sign up today to Learn to Swim! We have programs for students 12 months through Adult. Make this summer a fun, safe, cool one... +Our new CAGE & functional fitness equipment is here! Sign up for a TEAM Lac Attack class or partner training session to learn how. *NEW Group Fitness-Barre, BollyX, R.I.P.P.E.D, Zumba, U Jam, Step! Stop by the front desk and tell us what else you would like us offer! + KIDS CLUB is INCLUDED for kids who are CLUB MEMBERS! We extended hours on Tuesday & Thursday! +Our Team, Partner and Personal Training programs can help you meet your goals. Ask for details at the front desk. + FREE Friends Fitness Friday- On the First Friday of the month club members may bring one non-member guest into the club for free! +Our Adult Swim Clinic Series starts in January, April, July or September. Learn to swim with confidence... +For information on our HeadHunters Triathlon Tribe and to get on the Triathlon email group, email lacamassport@comcast.net ! +A separate calendar for lap/family swimming is available online. +For the latest information: www.lacamassport.com	
					Key: * Programs incur a fee (GF)-Group Fitness room (GV)-Grass Valley Aquatics Center (SP)-Spin room (L)-Lobby (IP)-Indoor Pools (WR)-Weight Room	