

Aquatic Fitness

Swimnastics

Takes the pressure off the bones, joints, and muscles with a low-impact water aerobic class. Non-swimmers welcome!

Monday 9:00-10:00a and 6:00-7:00p

Tuesday 6:00-7:00p

Thursday 9:00-10:00a and 6:00-7:00p

Friday 9:00-10:00a

BOQUA

Moderate to high-intensity, a 60-minute water workout utilizing boxing and sports skills.

Tuesday 9:00-10:00a

H2O HIIT

A water-based high-intensity interval class, designed to increase stamina, strength, flexibility, and cardiovascular health.

Monday 12:30-1:30p

Wednesday 12:30-1:30p

Deep Impact

A blend of aerobics, jogging, cross-country skiing and more in a low impact, high energetic water environment. Buoyancy belts are provided, you do not need to know how to swim.

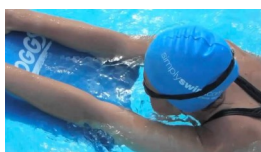
Tuesday 7:00-7:45p

Stroke Makers

Individualized and group lap workouts with a focus on stroke efficiency and development as well as conditioning and endurance swim training

Tuesday 5:30-7:00a

Thursday 5:30-7:00a



Adult Learn to Swim

Beginning to swim or refining your stroke, it's never too early or too late. Lessons are tailored to the individual and are 40 minutes long. Saturdays 8:00-8:40a \$40

Session 1 - January 12 - February 16

Session 2 - February 23 - March 30

Session 3 - April 13 - May 18

Indoor Pool Schedule

Day	Time	Open
Monday	5:30 am - 9:00 am	Lap *
	10:00 am - 4:15 am	Lap
	4:15 pm - 7:00 pm	Closed
	7:00 pm - 9:00 pm	2 Lanes Lap
Tuesday	5:30 am - 9:00 am	Lap
	10:00 am - 4:15 am	Lap
	4:15 pm - 7:00 pm	Closed
	7:00 pm - 9:00 pm	2 Lanes Lap
Wed	6:30 am - 9:00 am	Lap
	10:00 am - 4:15 am	Lap
	4:15 pm - 7:00 pm	Closed
	7:00 pm - 9:00 pm	2 Lanes Lap
Thursday	5:30 am - 9:00 am	Lap
	10:00 am - 4:15 am	Lap
	4:15 pm - 7:00 pm	Closed
	7:00 pm - 9:00 pm	2 Lanes Lap
Friday	5:30 am - 9:00 am	Lap *
	10:00 am - 4:30 pm	Lap
	4:30 pm - 7:00 pm	Closed
	7:00 pm - 9:00 pm	Rec & Lap
Saturday	11:00 am - 1:00 pm	Lap
	1:00 pm - 4:00 pm	Rec & Lap
	4:00 pm - 6:00 pm	Lap
Sunday	11:00 am - 1:00 pm	Lap
	1:00 pm - 4:00 pm	Rec & Lap
	4:00 pm - 5:00 pm	Lap

* Swim Team Practice 5:30-6:30 2 or 3 lanes
Rec & Lap 2 lanes lap swim diving board may be open

Junior Pool Open Hours

Monday Thru Friday	6:00 am - 8:45pm
Saturday	11:00 am - 6:00 pm
Sunday	11:00 am - 5:00 pm

Junior Pool Is Closed

During the following times for classes

Monday	4:15 pm - 5:30 pm
Tuesday	4:15 pm - 7:00 pm
Wednesday	4:15 pm - 5:30 pm
	6:30 pm - 7:00 pm
Thursday	3:15 pm - 7:00 pm
Friday	4:00pm - 5:30 pm



CLASSES & LESSONS

WINTER 2019



The Riviera Club

5640 N. ILLINOIS ST INDIANAPOLIS RM.ORG 317-255-5471

Children's Aquatics

Participation in our Aquatics programs is a benefit of Membership

Group Learn to Swim

Our classes offer a child the opportunity to build a comfort level in the water and work toward more independent swimming skills. All classes are 1/2 hour long. SAVE by registering in advance; Early registration is \$40, late registration is \$60 Please call or register with the desk.

Sessions Early Registration Late Registration

Winter 3 Mar.4-Mar.30	Through Feb. 27	Beginning Feb. 28
Spring 1 Apr. 8-May 4	Through Apr.3	Beginning Apr.4
Spring 2 May 6-June 1	Through May 1	Beginning May 2

Ages 1-3 With Parents

Fun water exploration, games, floating and water safety awareness. Children not potty trained must wear a swim diaper or plastic pants with elastic legs. Same sessions as above.

Wednesday 9:00a Saturday 9:00a

NEW Ages 2-3 With Parents

This class is designed to teach parents how to teach their children to swim independently. The goal is to teach the child to paddle without assistance as well as water acclimation and facilitating a love for the water.

Wednesday 9:30a

Children ages 3 and Over

Children learn and improve basic swimming through a specific progression of skills proven to develop confidence and build a strong stroke foundation. Four, half-hour classes in each session. Grouped by age and ability. Select the day and time. Register by phone or at our Membership Service desk

Monday	12:30p			
Tuesday	11:00a	3:45p	6:00p	6:30p
Wednesday	10:00a	10:30a	1:30p	6:30p
Thursday	10:15a	3:45p	6:00p	6:30p
Friday	10:15a	11:00a	4:00p	
Saturday	9:30a	10:00a	11:00a	

Class times subject to change

Stroke Evaluations

There is a place for each swimmer in our aquatic program and swim team, The evaluation allows our coaches to observe current aquatic skill sets and follow-up with our recommendations for program placement. Individual appointments to accommodate your schedule can be arranged, **Contact: Therese Love Aquatics@rivi.org** or attend one of our open evaluations

Monday March 18 5:30p	Saturday March 23 10:30a
Monday May 20 5:30p	Saturday May 25 11:00a

Water Wizards

An enriched pre-competitive class for children ages 5-7. Pre-requisite or instructor approval needed. Classes are one hour and each session ends with a swim meet. \$175/child/session

Fall 1 Sept. 11-Dec. 13	Mon & Wed. 4:30-5:30p
Fall 2 Sept. 12 - Dec. 13	Tue & Thu 4:30-5:30p
Winter 1 Jan.7-March 20	Mon & Wed. 4:30-5:30p
Winter 2 Jan.8-March 20	Tue & Thu 4:30-5:30p
Spring 1 Apr. 8-May 23	Mon & Wed. 4:30-5:30p
Spring 2 Apr. 9-May 23	Tue & Thu 4:30-5:30p
Summer 1 June 3-July 25	Mon & Wed. 4:30-5:30p
Summer 2 June 4-July 25	Tue & Thu 4:30-5:30p

Junior Swimmer

Designed to build confidence through the sport of swimming for children ages 7-14! Improve stroke, develop endurance and gain aquatic fitness. Prepare for a triathlon or competitive swimming. \$120/person Pre-requisite: 50 Freestyle & 50 Backstroke

Fall Oct. 16-Dec 13	Tue & Thu 5:15-6:00p
Winter Jan. 8-Feb. 28	Tue & Thu 5:15-6:00p
Spring April 9-May 23	Tue & Thu 5:15-6:00p
Summer June 11-July 30	Tue & Thu 5:45-6:30p

Swim and Fit

For the experienced swimmer ages 9-16. Participants develop confidence, build conditioning and endurance, work on starts and turns for competition. Stay fit all year and prep for swim team. \$120/person Pre-requisite 100 Freestyle & 100 Backstroke

Fall Sept. 12-Dec 12	Wednesday 5:45-6:30p
Winter Jan. 9-March 13	Wednesday 5:45-6:30p
Spring April 10-May 22	Wednesday 5:45-6:30p
Summer June 11-July 30	Tue & Thu 5:45-6:30p

Private and Semi Private Lessons

The individual setting is perfect for those children and adults who prefer a one-on-one learning environment. We offer private and semi-private lessons in packages of four lessons. Lessons are 30 minutes and tailored to the individual's ability and goals. 2-3 similarly skilled swimmers can work with an instructor in a semi-private setting.

Instructor Rates:

Level 1 4 Private Lessons \$ 80	Semi-Private \$60 per child
Level 2 4 Private Lessons \$100	Semi-Private \$75 per child

Contact Therese Love, Aquatics@rivi.org

Pool Parties

The Riviera indoor pools and gym are great places for your next birthday or special party. Contact Amber Smith Events@rivi.org



Riviera Swim Team

The Riviera Swim Team is part of one of the most established clubs in the area. We have a long and rich history of successful swimming. Our swim team has five training groups and consists of children 7 & over. New swimmers may join through-out the year. Attend one of our open stroke evaluations or make an appointment today.

Lifeguard Training

Full training and certification includes Red Cross Lifeguard, CPR, First Aid, and BBP. Must attend all sessions Age:15 Fee: \$200 Member \$260 Guest

January 22-27 T-Th 7-9p, F 5-9p, Sat/Sun 12:00-8:00p
 February 26-March 3 T-Th 7-9p, F 5-9p Sat/Sun 12-8p
 March 19-24 T-Th 7-9p, F 5-9p, Sat/Sun 12:00-8:00p
 April 16-20 & April 28 T-Th 7-9p, F 5-9p, Sat/Sun 12-8p
Sunday Class is April 28 due to Easter Sunday April 21
 May 14-19 T-Th 7-9p, F 5-9p, Sat/Sun 12:00-8:00p

Lifeguard Recertification

Review and recertification includes Red Cross Lifeguard, CPR, First Aid, and BBP. Must have valid Lifeguarding certification. Fee: \$85 Member \$105 Guest

January 27	12:00-8:00p	March 3	12:00-8:00p
March 24	12:00-8:00p	April 28	12:00-8:00p
May 19	12:00-8:00p		