

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, and more in a low impact, high energetic water environment. Buoyancy belts are provided, you do not need to know how to swim.

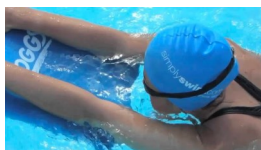
Wednesday 9:15-10:00a Wednesday 6:30-7:15p

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 30 minutes long. Saturdays 8:15-8:45a \$40

Fall 1 - September 14-October 5

Fall 2 - October 12-November 9

Winter 1- January 4-25

Winter 2- February 1-29

Spring 1 - March 7 - April 11

Spring 2 - April 18 - May 16

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 - 6:30 pm	Closed
	6:30 pm - 9:00 pm	3 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 5:30-6:30a 2 or 3 lanes
Rec & Lap 2 lanes lap swim diving board may be open

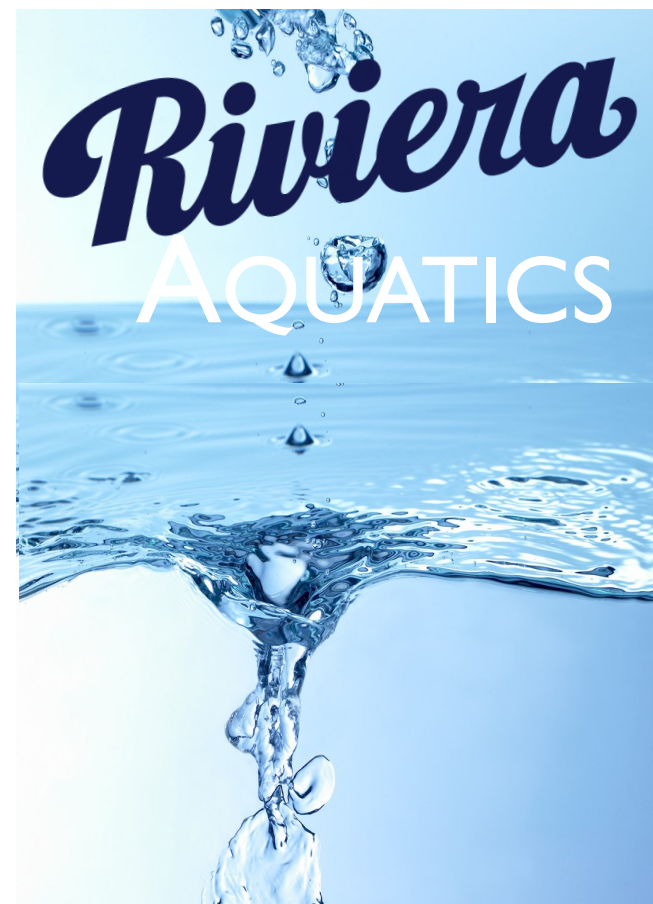
Junior Pool Open Hours

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	3:45 pm - 7:00 pm
Wednesday	4:15 pm - 5:30 pm
	6:30 pm - 7:00 pm
Thursday	3:45 pm - 7:00 pm
Friday	4:00pm – 5:30 pm



CLASSES & LESSONS

INDOOR 2019-2020



The Riviera Club

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

Children's Aquatics

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
Fall 1 Sept 9 - Oct. 5	Through Sept. 4	Beginning Sept 5
Fall 2 Oct. 21 - Nov 16	Through Oct. 15	Beginning Oct. 16
Fall 3 Nov.18-Dec.21	Through Nov. 12	Beginning Nov. 13
Winter 1 Jan.6-Feb.1	Through Dec.31	Beginning Jan. 1
Winter 2 Feb.3-Feb. 29	Through Jan. 28	Beginning Jan. 29
Spring 1 Mar.2-Mar.28	Through Feb. 25	Beginning Feb. 26
Spring 1 Apr.13-May 9	Through Apr.7	Beginning Apr.8
Spring 2 May 11-June 6	Through May 1	Beginning May 2

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. Participants are grouped by age and ability. Select the day and time. Register by phone or at our Membership Service desk

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

Class times subject to change

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.

Monday 9:00a Wednesday 9:00a Saturday 9:00a

NEW

Toddler 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. Maximum 3/class

Wednesdays 9:30a 10:00a

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

Tuesday September 9 5:45p Tuesday December 10 5:45p
Monday January 13 5:45p Monday March 16 5:45p

Evaluations also held the 2nd Tuesday of each month

Water Wizards

This enriched pre-competitive class is for children ages 5-7. Pre-requisite or instructor approval needed. Classes are one hour and each session ends with a swim meet.

Fall 1 Sept. 16-Dec. 18	Mon & Wed.	4:30-5:30p
Fall 2 Sept. 17 - Dec. 18	Tue & Thu	4:30-5:30p
Winter 1 Jan 6 - March 25	Mon & Wed.	4:30-5:30p
Winter 2 Jan.7 - March 25	Tue & Thu	4:30-5:30p
Spring 1 Apr. 6 - May 20	Mon & Wed.	4:30-5:30p
Spring 2 Apr. 7 - May 20	Tue & Thu	4:30-5:30p
Summer 1 June 8 - July 22	Mon & Wed.	4:30-5:30p
Summer 2 June 9 - July 22	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. Pre-requisite: 50 Freestyle & 50 Backstroke *Different Pricing

Fall Oct. 29 - Dec 12	Tue & Thu	5:15-6:00p
Winter Jan. 7 - Feb. 13	Tue & Thu	5:15-6:00p
Spring April 14 - May 19	Tue	5:15-6:00p*
Summer June 9 - July 16	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. Pre-requisite 100 Freestyle & 100 Backstroke *Different Pricing

Fall Oct 20 - Dec 11	Wednesday	5:45-6:30p
Winter Jan. 8 - Feb 12	Wednesday	5:45-6:30p
Spring April 15 - May 20	Wednesday	5:45-6:30p
Summer June 9 - July 16	Tue & Thu	5:45-6:30p*

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 throughout the year. Attend one of our open stroke evaluations or make an appointment today.

Water Safety & Scout Groups

Group programs with a focus on water safety and swimming skills. Reserve your scouting group now to earn their aquatics badge or patch. Contact: Therese Love Aquatics@rivi.org



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 to get started.

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

Check Website for Class Offerings

Lifeguard Recertification

Review and recertification includes Red Cross Lifeguard, CPR, First Aid, and BBP. Must have valid Lifeguarding certification.

Check Website for Class Offerings

Pool Parties

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

