



Rock Hill Aquatics Center Water Aerobics Schedule August 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Time	8:00-9:00am*	8:00-9:00am*	8:00-9:00am*	8:00-9:00am*	8:00-9:00am*		Time
Class	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics		Class
Instructor	Ann Gore	Leslie Schrader	Ann Gore	Leslie Schrader	Lisa Deal		Instructor
Time	11:15-12:15pm	11:15-12:15pm	11:15-12:15pm	11:15-12:15pm	11:15-12:15pm		Time
Class	Aqua Aerobics**	Low Impact	Aqua Aerobics**	Low Impact	Aqua Aerobics*		Class
Instructor	Tammy Stowasser	Pat Olson	Tammy Stowasser	Pat Olson	Tammy Stowasser		Instructor
Time	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm		Time
Class	Aqua Aerobics		Aqua Aerobics		Aqua Aerobics		Class
Instructor	Kanika Massey		Kanika Massey		Kanika Massey		Instructor
Time	6:00-7:00pm		6:00-7:00pm				Time
Class	Aqua Aerobics		Aqua Aerobics				Class
Instructor	Kanika Massey		Kanika Massey				Instructor
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	

Class and Instructor info on Back!



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Low Impact: The goal of these classes is to aid in improving flexibility, balance, and strength with the use of water weights, pool noodles, and natural resistance. In this low impact class you will be stretching and toning muscles for overall fitness. This is a great class for those returning to exercise after an illness or injury or those experiencing arthritic pain.

Aqua Aerobics: The goal of these classes is to aid in improving flexibility, balance, and strength with the use of water weights, pool noodles, and natural resistance. Become acquainted with water walking and exercises in our warm water pool. Reduced stress on joints will allow you to tone and strengthen while increasing your range of motion. We will focus on movements to improve coordination and balance. This is a great class for those returning to exercise after an illness or injury. Each one of the classes we offer are fun warm water workout that allow participants to work at their own level. Classes include walking warm-ups, interval training, and muscular strengthening and toning. These classes will have to increase stamina, strength, and flexibility in a fun social environment!

Rock Hill Aquatics Center Instructors

Lisa Deal: Lisa teaches the 8am Aqua Aerobics class on Fridays. She has been teaching at RHAC since 2008! Lisa is also our lifeguard instructor trainer and certifies almost every employee in the building in CPR, AED, and First Aid. If you need to contact Lisa, contact her via email at swimgirl29@hughes.net

Ann Gore: Ann teaches the 8am Aqua Aerobics class on Mondays and Wednesdays. She has been teaching at RHAC since 2006. If you would like to reach Ann, contact her via email at anngore42@yahoo.com

Leslie Schrader: Leslie is one of our new comers compared to the rest of the staff. Leslie teaches the 8am class on Tuesday and Thursdays. She has been teaching for RHAC since 2015 and she also lifeguards and is one of our accredited swim lesson instructors. If you need to contact Leslie, contact her via email at lschrader@earthlink.net

Tammy Stowasser: Tammy teaches our 11:15 Aqua Aerobics class on Monday, Wednesday, and Fridays. Tammy has been teaching at the RHAC since 2007. If you would need to contact Tammy, contact her via email at ledbyfaith@comporium.net

Pat Olson: Pat teaches our 11:15 Aqua Aerobics class on Tuesdays and Thursdays. Pat has been teaching at the RHAC since 2008. If you would need to contact Pat, contact her via email at pookyolson@aol.com

Kanika Massey: Kanika is our newest instructor and she teaches our 4:30-5:30pm Aqua Aerobics on Mondays, Wednesdays and Fridays. She also teaches our 6:00-7:00pm Aqua Aerobics on Mondays and Wednesdays. Kanika has been teaching at the RHAC since 2016. If you need to contact Kanika, contact her via email at goodsownblessing@gmail.com

Ruth Ogrinc: Ruth is our longest tenured instructor at the RHAC, she has been teaching since the building opened in 2005!! Ruth teaches our Tuesday and Thursday 4:30-5:30 Aqua Aerobics. If you need to contact Ruth, contact her via email at jrogrinc@aol.com

*Tammy's 11:15 class organizes a 1x a month lunch on the 1st Wednesday of every month. Please email Tammy to find out this month's location!

**8am Class organizes breakfasts and events throughout the year. Email Lisa Deal to get on the groups email list.



Upper Palmetto YMCA: Rock Hill Aquatics Center & CSD Community YMCA Events Calendar 2017-2018

HS Meets, Either Tuesday or Thursday from 4pm to 9pm, Big Pool will be closed during this time: @ RHAC

DATES:

8/22/17, Tuesday: Northwestern vs Clover & Fort Mill (Large Meet)
8/24/17, Thursday: South Pointe vs RDV & RNE
8/29/17, Tuesday: NO MEET
8/31/17, Thursday: South Pointe vs York
9/5/17, Tuesday: Northwestern vs Clover & Nation Ford (Large Meet)
9/7/17, Thursday: Rock Hill vs Lancaster
9/12/17, Tuesday: South Pointe vs Fort Mill & Nation Ford (Large Meet)
9/14/17, Thursday: Rock Hill vs Fort Mill & Nation Ford (Large Meet)
9/19/17, Tuesday: Crosstown Throwdown, Rock Hill vs Northwestern vs South Pointe (Large Meet)
9/21/17, Thursday: NO MEET
9/26/17, Tuesday: NO MEET
9/28/17, Thursday: Rock Hill vs Northwestern

HS Meets, Either Tuesday or Thursday from 4pm to 9pm, 6 lane Pool will be closed during this time @ CSD Community

8/31/17, Thursday: Clover vs Rock Hill
9/14/17, Thursday: Clover vs Nation Ford
9/21/17, Thursday: Clover vs Fort Mill
9/26/17, Tuesday: Clover vs South Pointe

September 9th – Fort Mill HS Upstate Invite (500+ Athletes) @ RHAC
Facility Closed All Day

October 7th – HS Regionals (300+ Athletes) @ RHAC (2 meets one in the AM and one in PM)
Facility Closed All Day

October 15th – RAYS Inters quad Meet & Welcome Back Party (200+ Athletes) @ RHAC
*Sunday, Facility Closed All Day

October 20-22nd– Scary Meet 500+ Athletes @ RHAC
20th Facility Closes at 1pm, 21st & 22nd Facility closed all Day

November 11th – 12th – RAYS November invite 350+ Athletes @ RHAC
Facility Closed All Day

Charlotte HS Private League meets will be Tuesday or Thursdays starting in late November through Early February. Dates TBD

December 8th – 10th – RAYS Snowflake Invite 650+ Athletes @ RHAC
8th Facility closes at 1pm, 9-10th Facility Closed All Day

January 6th – RAYS Distance Meet 200+ Athletes @ RHAC
Facility Closed from 8am to 3pm

January 26th – 28th – Rays Winter invite 500+ Athletes @ RHAC
26th Facility closes at 1pm, 27-27th Facility Closed All Day

February 3rd – CYSL YMCA Last Chance Meet
Facility Closed in 8am to 3pm

February 10th - MAC CONFERENCE CHAMPIONSHIP 350+ Athletes @ RHAC
Facility Closed 8am to 2pm

February 23rd-25th – CYSL YMCA League Championship – 600+ Athletes @ RHAC
23rd Facility closed at 1pm, 24th-25th Facility Closed all Day

March 23rd - 25th – Palmetto State Champs – 600+ Athletes @ RHAC
Facility Closed all 3 Days

May 4th-6th – 2018 Rays Cinco de Mayo LC Meet @ CSD Community YMCA
50meter pool closed all 3 days, 6 lane in door pool: 4th at 4pm, 5th & 6th all Day

May 25th – 27th – Rays May LC Blast 400+ Athletes @ CSD Community YMCA
50meter pool closed all 3 days, 6 lane in door pool: 4th at 4pm, 5th & 6th all Day

June 30th – Metrolina Summer League Championship 600+ Swimmers @ RHAC

July 6th-8th – 2018 YMCA LC Regional Championship @ CSD Community (500+ Athletes)
50meter pool and 6 lane indoor pool closed all 3 days

July 7th-10th – Greater Charlotte Summer League Championship 3000+ Athletes split over 4 days @ RHAC
Adjusted Schedule on 7th & 10th, Whole Facility Closed on the 8th-9th



Upper Palmetto YMCA: Rock Hill Aquatics Center & Clover School District Community YMCA
Rock Hill School District and Clover School District 4th Grade Lesson Schedule 2016-2017
THE FOLLOWING SCHEDULE FOR WHEN THE EXERCISE POOL WILL NOT BE AVAILABLE:

- August 28th – August 31st Old Pointe – 9:30 – 11:00am @ RHAC
- September 5th – 8th Northside - 9:30am – 1:00pm @ RHAC
- September 11th-14th – Crowders Creek - 9:30 – 11:00am @ CSD
- September 18th – 21th Independence– 9:30 – 11am @ RHAC
- September 25th – 28th Richmond Drive - 9:30 – 1:00pm @ RHAC
- October 2nd – 5th Griggs - 9:30 – 11:00am @ CSD
- October 10th – 13th Ebinport - 9:30 – 11:00am @ RHAC
- October 16th - 19th Mount Holly– 9:30 – 11:00am @ RHAC
- October 23rd – 26th Bethany – 9:30 – 11:00am @ CSD
- October 20th – November 2nd Children’s and Ebenezer - 9:30 – 11:00am @ RHAC
- November 6th – 9th Lesslie - 9:30 – 1:00pm @ RHAC
- November 13th – November 16th Oakridge – 9:30am – 1:00pm @ CSD
- December 4th – 7th India Hook - 9:30 – 11:00am @ RHAC
- December 11th – 14th Belleview - 9:30 – 11:00am @ RHAC
- December 18th – 21st – Bethel - 9:30 – 11:00am @ CSD
- January 8th – 11th Rosewood - 9:30 – 1:00pm @ RHAC
- January 16th – 19th Sunset – 9:30 – 11:00am @ RHAC
- January 22nd – January 25th Larne – 9:30-11:00am @ CSD
- January 29th – February 1st Finley - 9:30 – 11:00am @ RHAC
- February 5th – 8th Oakdale - 9:30 – 11:00am @ RHAC
- February 12th – 15th Kinrad– 9:30-11:00am @ CSD
- February 20th – February 23rd York Road – 9:30-11:00am @ RHAC
- February 26th - March 1st Mt Gallant – 9:30-11:00am @ RHAC

@ RHAC Water aerobics classes will still be held 11:15 - 12:15 during these weeks

**** Please be advised****

While on the days listed the Warm-Pools at the facility listed will be closed.
On those same days the opposite facility will be open for use.

www.swimrays.com
www.upymca.org
Rock Hill Aquatics Center
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