

Aquatics Programming Early Summer 2020

6am – 9am Adult Only Lap Swim
9-10am Private Swim Lessons / Adult Lap Swim
10am-12pm AM Swim Lessons
12pm – Aqua Fit with Rachel*
1pm – Otter Fitness Classes*
1pm – 4 pm PM Swim Lessons
4pm – 5pm Private Swim Lessons / Adult Lap Swim
5:30pm – Masters Fitness Swim with Em and Anne*
All programs may be limited to 10 participants per class.

Swim Lessons:

Group Lessons \$60 – Private Lessons \$100

Session One: Tuesday, June 2nd through Sunday, June 7th *sign up deadline Monday, June 1st*

Session Two: Tuesday, June 9th through Sunday, June 15th *sign up deadline Monday, June 8th*

The Outing Club is a Red Cross Certified Provider. Swim Lessons will meet daily Tuesday – Sunday. Lessons are one hour in duration. Level Placement testing will be completed on Tuesday of each session.

Otter Fitness:

Available for kids 6 and up – meets at 1pm Tuesday through Friday until June 17th. **NEW** course with will include a medley of swim drills, out of water movement to improve overall aquatic fitness for kids. Coaching provided by OC Otter Swim Team Coaches.

Please include: child name and age and last level of swim lessons as applicable.

Adult Lap Swim:

Open to adults 16 and older. Five Lap lanes available per hour. Reservation required – contact Anne to schedule. Text: 563.349.6495

Water Fitness:

Aqua Fit – meets at 12pm Tuesday through Sunday until June 17th – a 45 minute low-impact water workout which will include strength, cardio and stretch. Join your friends for a fun fitness endeavor!

Masters Fitness Swim – meets Tuesday through Friday until June 17th – geared toward the serious swimmer, triathlete or anyone looking to improve overall aquatic fitness. **NEW** to The Outing Club fitness schedule, coaching provided by collegiate swimmer, Emily Goodman or triathlete, Anne Helms.

Contact Anne to Sign Up. Email:

pool@theoutingclub Text: 563.349.6495 Phone: 563.424.4597

Youth Tennis Lessons:

Session One:

June 8th – July 3rd

Session Two:

July 6th – July 31st

Tuesday & Thursday

8:00 – 8:45 AM Little Swingers (Ages 5-8)

8:45 – 9:30 AM Little Swingers (Ages 5-8)

9:30 -10:30 AM Beginners/Intermediates (Ages 9 & Up)

10:30 – 11:30 AM Beginners/Intermediates (Ages 9 & Up)

Tuesday, Wednesday & Thursday

12:00 – 1:15 PM Intermediates/Advanced (Ages 9 & Up)

1:15 – 2:30 PM Junior Varsity/Varsity Level Players

Thursdays

6:00 Pickleball Open Play

Group Lesson Pricing:

Little Swingers - \$8 per child per class

Ladies Tennis Clinics:

Monday, Wednesday & Friday

8:00 – 9:15 AM Advanced/Intermediates

9:15 – 10:30 AM Beginners/Intermediates

10:30 – 11:30 AM Beginners/Intermediates (Monday & Wednesday Only)

\$8 per person per clinic

Men's Tennis Clinics:

Monday 6:30 PM – 8:00 PM

\$10 per person per clinic

Private Lessons:

Private (One Person) \$32.00 per hour

Semi-Private (Two People) \$32.00 per hour

Small Group (Three or more) \$12.00 per person

June 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Clubhouse Closed	2 Session 1 Swim Lessons Begin	3 Unwind Wednesday	4	5 Steak by the Ounce 5:30 PM	6
7 Sunday Supper 3 – 7pm	8 Clubhouse Closed	9 Session 2 Swim Lessons Begin	10 Unwind Wednesday	11 Members Only Cocktails 5:30 PM Dinner at your leisure	12 \$5 Burger Baskets & Beer Tasting on the Patio	13 Kid's Eat Free with Movie Night 5 – 8pm
14 Sunday Supper 3 – 7pm	15 Clubhouse Closed	16	17 Unwind Wednesday	18	19 Margarita & Fajita Night	20 Limited Open Dining
21 Father's Day Brunch 10:30 AM – 1:30 PM	22 Clubhouse Closed	23	24 Unwind Wednesday	25	26 Steak by the Ounce 5:30 PM	27
28 Sunday Supper 3 – 7pm	29 Clubhouse Closed	30				

Dining Room Hours of Operation

Lunch
Tuesday through Friday
11:00 a.m. - 2:00p.m.

Sunday Supper
June 7th, 14th, & 28th
3:00 p.m. - 7:00 p.m.

Dinner
Wednesday through Saturday
5:00 - 8:00p.m.