



Rollins Congressional Club Summer 2010

Here's a look at what the summer brings to Rollins Congressional Clubhouse. Below and at back of this sheet please find swimming lessons, summer classes, and events. To register for swimming lessons, classes or activities, please email your interest to manager@rcclubhous.net or call 301-984-1621. Have a safe and fantastic summer!

Pool Hours of Operation

The pool will open Saturday, May 29th at 12noon. Please see below for a pool open hours. The pool area will be open Memorial Day, Independence Day, and Labor Day weekend.

<p>Saturday, May 29th until Sunday, September 5th</p>	<p>Monday –Friday: *Adults Only Morning Swim: 7a.m. to 11a.m. *Adult Swim starts June 17th</p> <p>Monday –Sunday: General Admission: 12noon to 8p.m.</p>
<p>Friday, September 10th until Sunday, September 26th</p>	<p>Friday, Saturday &Sunday: General Admission: 12noon to 8p.m.</p>

Swimming Lessons

Swimming lessons are FREE but **SPACE IS LIMITED**. To register please email us at manager@rcclubhouse.net with your child's age, contact information and guardian name.

<p>Level I: Guppies Focuses on preparing children to swim on their own, it teaches basic floating and water movements as well as water acclimation. This level is designed for children who are comfortable with water but cannot release the wall.</p>	<p>Monday & Wednesday</p>	<p>12noon to 12:30p.m.</p>	<p>Session I: June 28th –July 21st</p> <p>Session II: July 26th – August 18th</p>
<p>Level II: Minnows Focuses on body movement and prepares children to move through the water independently by building on the principles taught in Level I, Beginner. Children should be able to move two or more body lengths on both their front and their back. This level is designed for children who can release the wall and start their own body movement.</p>	<p>Monday & Wednesday</p>	<p>12:30 noon to 1p.m.</p>	<p>Session I: June 28th –July 21st</p> <p>Session II: July 26th – August 18th</p>
<p>Level III: Fish Focuses on completing basic stroke training, by the end of this level, children should be able to move across the pool in front stroke and backstroke both with basic breathing techniques, as well as develop the foundation for the more advanced strokes such as breaststroke and sidestroke. This level is designed for children who can move through the water independently and need to develop and refine their stroke.</p>	<p>Tuesday & Thursday</p>	<p>12noon to 12:30p.m.</p>	<p>Session I: June 29th – July 22nd</p> <p>Session II: July 27th - August 19th</p>
<p>Adult Swimming For adults who are beginning to swim or do not know how to swim.</p>	<p>Fridays</p>	<p>12noon to 12:30p.m.</p>	<p>June 25th –August 13th</p>

Adult Exercise Classes:

Get into great shape this summer with one of our exercise classes. First class is **FREE**. Each class after is just \$5 per class. No need to register, just come at class time. Punch cards can be purchased at the RCC office or with the instructor.

Water Aerobics	Saturday	12noon	Done in shallow water. <u>Please bring your own water noodle.</u>
Aerobics	Tuesday	7p.m.	A basic step class for all levels, a fun-filled class with basic step combinations.
Zumba	Thursday	7p.m.	A high impact work out that incorporates Latin dance moves with aerobics.
Yoga	Tuesday & Thursday	8p.m.	Yoga for flexibility and relaxation.

Summer Events & Activities

<p>Friday, May 21st: Movie Night 4:30p.m. Showing of "The Spy Next Door" Rated PG at the Video Room</p>	<p>Friday, July 9th: Movie Night Splash 6:00p.m. Come see "Alice in Wonderland" by Tim Burton Rated PG poolside!</p>
<p>Saturday, May 24th: International Night 6:30p.m. Farmland Elementary will be hosting their annual International Night at RCC. Come with your family or friends and learn about different cultures in our community!</p>	<p>Saturday, July 24th: Resident Pool Party 1p.m. to 4p.m. Mark your calendars! Come join your neighbors for some food, music, games, and more for our annual pool party. Don't miss it!</p>
<p>Saturday, May 29th: Pool Opening 12noon to 8p.m. Come join us as we initiate the season! Comcast will be celebrating with free gifts for our residents and members who come opening day!</p>	<p>Friday, August 6th: Movie Night 4:30p.m. Showing of "Percy Jackson & the Olympians: The Lightning Thief" Rated PG at the Video Room</p>
<p>Friday, June 18th: Salsa Night: 7p.m. For adults who enjoy dancing, no experience needed. Learn how to Salsa and then Dance! No partner needed. Class is FREE! For questions call us at 301-984-1621</p>	<p>Thursday, August 12th: Pool Side Scavenger Hunt 2:30p.m. Child who finds the most treasure gets free tickets to the movie of their choice. Please register for this event at manager@rcclubhouse.net</p>
<p>Wednesday, June 23rd: Water Games Day: 2:30p.m. For children ages 4 to 12. Participate in all sorts of fun water field games. Winners will receive a prize. To register, email us at manager@rcclubhouse.net</p>	<p>Horse Shoe Pits... Don't forget we have a Horse Shoe Pits! Installed at the grass area of the pool. If you wish to play please obtain horse shoes and stakes at the lifeguard office.</p>

Karate Classes

Held every Monday & Thursday at 5:45p.m., Instructor teaches children fundamentals of Japanese Karate. Classes are \$30 per 8 sessions. Interested? Email us at manager@rcclubhouse.net to receive more information. If you are an adult and would like us to start an Adult class, let us know too!

Private Swimming Lessons

RCC offers private swimming lessons at an affordable price. If you are interested, please see the **pool manager Jacob** for details once pool is open.