





- MAIN LEVEL**
- Locker Rooms
  - Music Room
  - Party Rooms
  - Outdoor Sundeck
  - RJ's Clubhouse
  - Welcome Desk
- MAIN LEVEL**
- AM General Banquet & Conference Center
  - Aquatics Center
  - Athletic Field
  - Chapel/Auditorium
  - Climbing Wall
  - Family Resource Center
  - Fitness Center
  - Fitness Offices
  - Group Fitness Room
  - Gymnasium
  - Indoor Cycling Room
  - Kitchen



- LOWER LEVEL**
- Administrative Offices
  - Art Gallery
  - Board Room
  - Digital Arts Studio
  - Fine Arts Studio
  - Rehearsal Rooms
  - Recording Studio
  - The Zone

## OPERATING HOURS

**MONDAY-THURSDAY**  
5:30 AM-9:00 PM

**FRIDAY**  
5:30 AM-7:00 PM

**SATURDAY**  
7:00 AM-2:00 PM

**SUNDAY**  
CLOSED

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**MEMBERSHIP**



Scan me  
For Certification  
classes!

## CERTIFICATIONS

**AMERICAN RED CROSS CPR, AED, & FIRST AID**  
Become a community responder who can act in emergencies. Courses include online learning and an in-person skill session.  
**Ages 15+**

**AMERICAN RED CROSS LIFEGUARD QUALIFICATION**  
Participants must swim non-stop 300-yards using freestyle and breaststroke; tread water for two minutes (legs only); and swim 20 yards, dive down 7 feet, retrieve a 10-pound brick, surface, and return to starting point while swimming on back with both hands on the brick in 1:40.  
**Ages 15+**

**AMERICAN RED CROSS LIFEGUARD SKILLS CERTIFICATION**  
Learn the essential skills to become a certified lifeguard through the American Red Cross through a blend of online and in-person learning.  
**\*Must complete lifeguard qualification before enrollment.**  
**Ages 15+**

**AMERICAN RED CROSS WSI CERTIFICATION**  
Candidates will be led through the ARC Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate a participant's progress.  
Includes online instruction.



Scan me  
For Aquatics  
Schedule!

## SWIM PROGRAMS

**TEEN AND ADULT SWIM LESSONS**  
For non-proficient swimmers, we teach basic safety skills and techniques including floats, glides, and beginner swimming strokes. Already a swimmer but wanting to improve? Our instructors can challenge and guide you toward your personal goals during these four-week sessions.  
**Ages 14+**

**YOUTH SWIM LESSONS**  
We have adapted our swim lessons to fit your family's busy schedule. To sign up, choose a day and time and register your children for the same class. We take care of the rest! Instructors challenge kids from where they are while reinforcing water safety and basic skills during these four-week sessions.  
**Ages 3-13**

**PARENT AND CHILD SWIM LESSONS**  
These 30-minute classes help children prepare to swim by emphasizing fun in the water. Parents and children participate in guided practice sessions that teach basic skills including water entry, bubble blowing, kicking, floating, and underwater exploration.  
**Ages 6 months-3 years**

**PRIVATE SWIM LESSONS**  
You are able to book private lessons with a compassionate and trained instructor during dates and times that work best for you. Lessons are 30 minutes.  
**All ages**

**SEMI-PRIVATE SWIM LESSONS**  
Semi-private lessons are a great way for 2-4 individuals to learn to swim together. Lessons are 30 minutes.  
**All ages**

### SWIM HOURS

**MON-THURS**  
5:30 AM - 12:50 PM  
4:00 PM - 6:50 PM

**FRI**  
5:30 AM - 12:50 PM  
4:00 PM - 6:30 PM

**SAT**  
7:00 AM - 7:50 AM  
10:00 AM - 1:45 PM

### SLIDE HOURS

**MON-THURS**  
4:00 PM - 6:20 PM

**FRI**  
4:00 PM - 6:00 PM

**SAT**  
11:00 AM - 1:30 PM



AQUATICS