



**LAMADRONA**  
ATHLETIC CLUB

## Rookie Week Class Schedule

	Monday Oct 8th	Tuesday Oct 9th	Wednesday Oct 10th	Thursday Oct 11th	Friday Oct 12th	Saturday Oct 13th	Sunday Oct 14th
9AM		Intro to the Service Motion	Intro to Resistance Bands with Cindy (9:30am)				
10am	Intro to Physio Ball with Cindy		Intro to Flip Turn with Christina M.		Intro to Backstroke with Jennie M.	Structuring a Personal Swim Workout James	
11am		Intro to Free Weights with Nicki			Intro to Doubles Positioning (10:30am)	Intro to using the Ball Machine (11:00am)	
2PM						Intro to Free Weights with Sharon	
12pm			Intro to Tai Chi with Vivian	Intro to Breaststroke Kick Shaena	Intro to Resistance Bands with Nicki		
5pm	Intro to Flip Turns with Lauren (5:30pm)		Groundstroke fundamentals (5:30pm)	Intro to Physio Ball with Sharon (5:30pm)	<div style="border: 1px solid gray; padding: 10px;"> <p>* Maximum 6 participants per class (first come first serve)</p> <p>* Turn in your raffle tickets at the front desks</p> <p style="text-align: center;"><b><u>Enjoy your classes!</u></b></p> </div>		
6pm	Intro to the Service Motion (6pm)	Intro to Side Breathing James		Intro to Volley and Overheads (6pm)			