

# **\*\*UPDATED SWIMRVA WELLNESS SCHEDULE\*\***

**Thursday, February 27—Friday, March 7**

Due to all the recent snow and school cancellations around the Commonwealth of Virginia, the Virginia High School League Swimming & Diving has decided to make SwimRVA-CSAC their home location for all of the State Championship swim meets this year. This will effect upcoming SwimRVA Wellness Water and Land fitness classes. Please read over the following schedule carefully:

	<b>Thu, Feb, 27</b>	<b>Mon, Mar 3</b>	<b>Tue, Mar 4</b>	<b>Wed, Mar 5</b>	<b>Thu, Mar 6</b>	<b>Fri, Mar 7</b>
<b>Shallow Water</b>	<b>Aquacise-Maia</b> 6:00a-6:45a @ CSAC	<b>NO EARLY AM WATER CLASS</b>	<b>Aquacise-Maia</b> 6:00a-6:45a @ CSAC	<b>NO EARLY AM WATER CLASS</b>	<b>Aquacise-Maia</b> 7:00a-7:45a @ CSAC	<b>NO SHALLOW WATER CLASSES</b>
	<b>Aqua Strength-Lawrence</b> 11:15a-12:00p @ CSAC	<b>Aqua Strength-Lawrence</b> 11:15a-12:00p @ CSAC	<b>Aqua Strength-Lawrence</b> 11:15a-12:00p @ CSAC	<b>Aqua Strength-Lawrence</b> 11:15a-12:00p @ CSAC	<b>Gentle Aqua-Jane</b> 8:00a-8:45a @ CSAC	
	<b>Gentle Aqua-Maia</b> 12:00p-12:45p @ CSAC	<b>Gentle Aqua-Maia</b> 12:00p-12:45p @ CSAC	<b>Gentle Aqua-Maia</b> 12:00p-12:45p @ CSAC	<b>Gentle Aqua-Jane</b> 12:00p-12:45p @ CSAC	<b>Aqua Fit-Jane</b> 9:45a-9:30a @ CSAC	
<b>Deep Water</b>	<b>Aqua Running-Rose</b> 6:00a-6:45a @ CSAC	<b>NO EARLY AM WATER CLASS</b>	<b>Aqua Running</b> 6:00a-6:45a @ CSAC	<b>NO EARLY AM WATER CLASS</b>	<b>Aqua Running-Rose</b> 6:45a-7:45a @ CSAC	<b>NO DEEP WATER CLASSES</b>
	<b>Deep Elite-Maia</b> 11:15a-12:00p @ CSAC	<b>Deep Elite-Maia</b> 11:15a-12:00p @ CSAC	<b>Deep Elite-Maia</b> 11:15a-12:00p @ CSAC	<b>Deep Elite-Jane</b> 11:15a-12:00p @ CSAC	<b>Finning-Cami</b> 9:00a-9:45a @ CSAC	
	<b>Aqua Fun-Lawrence</b> 12:00p-12:45p @ CSAC	<b>Aqua Fun-Lawrence</b> 12:00p-12:45p @ CSAC	<b>Aqua Fun-Lawrence</b> 12:00p-12:45p @ CSAC	<b>Aqua Fun-Lawrence</b> 12:00p-12:45p @ CSAC	<b>Deep Elite-Cami</b> 10:00a-10:45a @ CSAC	
	<b>Aqua Running-Rose</b> 6:00p-6:45p @ CSAC	<b>Deep Fit-Rose</b> 6:00p-6:45p @ CSAC	<b>Aqua Running-Rose</b> 6:00p-6:45p @ CSAC	<b>Deep Fit-Lawrence</b> 6:00p-6:45p @ CSAC	<b>Aqua Running-Rose</b> 6:00p-6:45p @ CSAC	
<b>Land Classes</b>	<b>Normal Times</b> @ <b>MBK</b>	<b>NO LAND CLASSES</b>	<b>Normal Times</b> @ <b>MBK</b>	<b>Normal Times</b> @ <b>MBK</b>	<b>Normal Times</b> @ <b>MBK</b>	<b>Normal Times</b> @ <b>MBK</b>

All our land classes will move to the Terrace Room at Meadowbrook Country Club (3700 Cogbill Road) in the main clubhouse. Meadowbrook Country Club will also offer lunch starting at 11:30a in the Clubhouse from Tue, Mar 4 - Fri, Mar 7.

# SwimRVA-Meadowbrook

3700 Cogbill Road, Richmond, VA 23234  
(Meadowbrook Country Club)

- Please enter at the Meadowbrook Country Club Entrance on **Cogbill Road**.
- Please do **NOT** enter from Monza Dr.
- Continue down this road until you enter the Meadowbrook Country Club Parking Lot.
- The Land Classes will be in the Clubhouse on the Left at the top of the hill.
- Please enter through the side entrance near the round-about and head down the stairs.



Scan here for Google  
map directions to  
Cogbill entrance

