



2023 RECREATION AND FITNESS SCHEDULE



PLEASE NOTE: REGISTRATION IS REQUIRED, BUT WALK-INS ARE WELCOMED!
TO REGISTER, PLEASE VISIT CICCLUB.COM/LOGIN.

MONDAY

7:30 A.M. – 9 A.M.
LAP SWIM
FIRST COME, FIRST SERVE

7:30 A.M. – 8:30 A.M.
**INTERMEDIATE
CORE SWING
STRENGTH**

8 A.M. – 9 A.M.
**PICKLEBALL
CLINIC**

8:30 A.M. – 9:30 A.M.
**ALL LEVELS
YOGA**

9 A.M. – 10 A.M.
**WATER
AEROBICS**
HARBOR'S EDGE

9 A.M. – 11 A.M.
**ONE-ON-ONE
SWIM LESSONS**

9 A.M. – 11 A.M.
**WOMEN'S
ROUND ROBIN**
FIRST COME, FIRST SERVE

TUESDAY

7:30 A.M. – 9 A.M.
LAP SWIM
FIRST COME, FIRST SERVE

9 A.M. – 10 A.M.
**WATER
AEROBICS**
HARBOR'S EDGE

9 A.M. – 11 A.M.
**ONE-ON-ONE
SWIM LESSONS**

9 A.M. – 10 A.M.
**YOUTH
TENNIS CLINIC
(AGE 13-17)**

10:30 A.M. – 11:30 A.M.
**YOUTH
TENNIS CLINIC
(AGE 6-12)**

4:30 P.M. – 6 P.M.
YOUTH MATCH PLAY
FIRST COME, FIRST SERVE

6 P.M. – 7 P.M.
**BEGINNER
ADULT GROUP
TENNIS CLINIC**

WEDNESDAY

7:30 A.M. – 9 A.M.
LAP SWIM
FIRST COME, FIRST SERVE

8 A.M. – 9 A.M.
CARDIO TENNIS

9 A.M. – 11 A.M.
**ONE-ON-ONE
SWIM LESSONS**

9 A.M. – 11 A.M.
**WOMEN'S
ROUND ROBIN**
FIRST COME, FIRST SERVE

11 A.M. – 12 P.M.
**ADVANCED
ADULT GROUP
TENNIS CLINIC**

THURSDAY

7:30 A.M. – 9 A.M.
LAP SWIM
FIRST COME, FIRST SERVE

9 A.M. – 10 A.M.
**WATER
AEROBICS**
HARBOR'S EDGE

9 A.M. – 11 A.M.
**ONE-ON-ONE
SWIM LESSONS**

9 A.M. – 10 A.M.
**YOUTH
TENNIS CLINIC
(AGE 13-17)**

10:30 A.M. – 11:30 A.M.
**YOUTH
TENNIS CLINIC
(AGE 6-12)**

4 P.M. – 6 P.M.
**PICKLEBALL
POTLUCK**

6 P.M. – 7 P.M.
**ALL LEVELS
YOGA**

FRIDAY

7:30 A.M. – 9 A.M.
LAP SWIM
FIRST COME, FIRST SERVE

7:30 A.M. – 8:30 A.M.
**BEGINNER
STRENGTH
TRAINING**

8 A.M. – 9 A.M.
CARDIO TENNIS

8:30 A.M. – 9:30 A.M.
**ALL LEVELS
YOGA**

8:30 A.M. – 10 A.M.
**YOUTH
GOLF CAMP**

9 A.M. – 10 A.M.
**WATER
AEROBICS**
HARBOR'S EDGE

9 A.M. – 11 A.M.
**ONE-ON-ONE
SWIM LESSONS**

9 A.M. – 11 A.M.
**WOMEN'S
ROUND ROBIN**
FIRST COME, FIRST SERVE

10 A.M. – 11 A.M.
**PICKLEBALL
CLINIC**

SATURDAY

7 A.M. – 9 A.M.
LAP SWIM
FIRST COME, FIRST SERVE

8 A.M. – 9 A.M.
PILATES

8 A.M. – 9 A.M.
**CARDIO
TENNIS**

9 A.M. – 10 A.M.
**WATER
AEROBICS**
HARBOR'S EDGE

9 A.M. – 10 A.M.
**YOUTH
TENNIS CLINIC
(AGE 13-17)**

10:30 A.M. – 11:30 A.M.
**YOUTH
TENNIS CLINIC
(AGE 6-12)**

SUNDAY

7 A.M. – 9 A.M.
LAP SWIM
FIRST COME, FIRST SERVE

8 A.M. – 9 A.M.
PILATES

4 P.M. – 6 P.M.
**PICKLEBALL
POTLUCK**

\$5 PER FITNESS CLASS, WATER AEROBICS & CARDIO TENNIS | \$15 PER TENNIS & PICKLEBALL CLASS/CLINIC

One-on-one golf, swim and tennis lessons are available by appointment only. To register, please fill out an online inquiry form at CICCLUB.COM/LOGIN.



YOUTH SPORTS & RECREATION



SWIM



ADULT FITNESS CLASSES



TENNIS



PICKLEBALL

