



# WARM POOL SCHEDULE

## FALL 2019 • SEPT 8 – JAN 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Adult Workout</b> 5:00 – 8:00 AM	<b>Adult Workout</b> 5:00 – 8:00 AM	<b>Adult Workout</b> 5:00 – 8:00 AM	<b>Adult Workout</b> 5:00 – 8:00 AM	<b>Adult Workout</b> 5:00 – 8:00 AM	<b>Adult Workout</b> 7:00 – 9:00 AM
<b>All Workout</b> 8:00 – 9:00 AM	<b>All Workout</b> 8:00 – 9:00 AM	<b>All Workout</b> 8:00 – 9:00 AM	<b>All Workout</b> 8:00 – 9:00 AM	<b>All Workout</b> 8:00 – 9:00 AM	<b>All Workout</b> 9:00 – 10:00 AM
<b>Water Fitness</b> 9:00 – 9:55 AM <i>Maya</i>	<b>Water Fitness</b> 9:00 – 9:55 AM <i>Kate</i>	<b>Water Fitness</b> 9:00 – 9:55 AM <i>Kate</i>	<b>Water Fitness</b> 9:00 – 9:55 AM <i>Judy</i>	<b>Water Fitness</b> 9:00 – 9:55 AM <i>Judy</i>	<b>All Workout/ Family Swim</b> 10:00 AM – 3:00 PM
<b>Water Walking</b> 10:00 – 10:55 AM <i>Maya</i>	<b>Water Walking</b> 10:00 – 10:55 AM <i>Kate</i>	<b>Water Walking</b> 10:00 – 10:55 AM <i>Kate</i>	<b>Water Walking</b> 10:00 – 10:55 AM <i>Beth</i>	<b>Water Walking</b> 10:00 – 10:55 AM <i>Jan</i>	<b>All Workout</b> 3:00 – 6:00 PM
<b>Joints in Motion</b> 11:00 – 11:55 AM <i>Heather L.</i>	<b>Tri-Aqua*</b> 11:00 – 11:55 AM <i>Yasmine</i> <i>*Pool use only for class participants during this time</i>	<b>Joints in Motion</b> 11:00 – 11:55 AM <i>Kate</i>	<b>*NEW*</b> <b>Adult Workout</b> 11:00 AM – 12:00 PM	<b>Therapy</b> 11:00 AM – 2:00 PM	<b>Adult Workout</b> 6:00 – 8:00 PM
<b>Therapy</b> 12:00 – 2:00 PM		<b>Therapy</b> 12:00 – 2:00 PM			<b>SUNDAY</b>
<b>All Workout/ Swim Lessons</b> 2:00 – 5:30 PM	<b>All Workout/ Swim Lessons</b> 12:00 – 7:00 PM	<b>All Workout/ Swim Lessons</b> 2:00 – 5:30 PM	<b>All Workout/ Swim Lessons</b> 12:00 – 7:00 PM	<b>All Workout/ Swim Lessons</b> 2:00 – 5:30 PM	<b>Adult Workout</b> 9:00 – 10:00 AM
<b>Family Swim/ Swim Lessons</b> 5:30 – 8:30 PM	<b>Water Babies</b> 5:00-5:30 PM	<b>Family Swim/ Swim Lessons</b> 5:30 – 8:30 PM		<b>Family Swim/ Swim Lessons</b> 5:30 – 8:30 PM	<b>All Workout/ Family Swim</b> 10:00 AM – 3:00 PM
	<b>All Workout/ Swim Lessons cont'd</b>				<b>All Workout</b> 3:00 – 5:00 PM
	<b>Therapy</b> 7:00 – 8:30 PM				<b>Water Fitness</b> 5:00 – 6:00 PM <i>Judy</i>
<b>Adult Workout</b> 8:30 – 11:00 PM	<b>Adult Workout</b> 8:30 – 11:00 PM	<b>Adult Workout</b> 8:30 – 11:00 PM	<b>Adult Workout</b> 8:30 – 11:00 PM	<b>Adult Workout</b> 8:30 – 11:00 PM	<b>All Workout</b> 6:00 – 8:30 PM
					<b>Adult Workout</b> 8:30 – 9:00 PM

**Adult Workout:** Individual workout time for members 18 years and older only.

**All Workout:** Members age 8 and older may walk/swim laps or do therapy exercises. An adult must accompany children ages 8-14 years of age. Under 8 not permitted at this time unless in lessons. Swim lessons for all ages may also be scheduled during this time.

**Therapy:** Therapy exercises, walking, slow lap swimming, and stretching only.

**Family Swim:** Recreational swim for parents and children. Anyone under age 14 must be accompanied by an adult.

**Swim Lessons:** Group swim lessons are offered during this time. The pool is also available for "All Workout" activities during this time.

**Water Babies:** This class is offered to children ages 6 months to 3 years and their parents. We sing songs and play games to teach the basics of water adjustment, safety, and swimming techniques.

**Water Fitness:** A slower moving class for all ages which includes stretching, range of motion, and toning moves.

**Water Walking:** This non-aerobic class in the warm pool is a perfect starting point for new water class participants or for those recovering from injury or other therapeutic conditions. The class sequence includes a warm up, low to no impact work, stretching, and resistance training using the weight of the water in combination with hand buoys

**Joints in Motion:** A class designed for individuals who suffer from arthritis and other joint issues. It includes walking, stretching, and various other non-impact movements.



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**Hydro-Aquatics** A slow-moving class incorporating elements of Pilates, Tai Chi, and Yoga. It is a full body and mind workout. The class brings awareness to the breath and balance, while moving through postures, strength moves, and range of motion.

*At least two lap lanes are always available. Please circle swim when necessary.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Adult Workout</b> 5:00 – 6:15 AM	<b>All Workout</b> 5:00 – 10:00 AM	<b>Adult Workout</b> 5:00 – 6:15 AM	<b>All Workout</b> 5:00 – 10:00 AM	<b>Adult Workout</b> 5:00 – 6:15 AM	<b>Adult Workout</b> 7:00 – 8:30 AM
<b>Hydro-Fit</b> 6:15 – 7:15 AM <i>Chelsea</i>		<b>Hydro-Fit</b> 6:15 – 7:15 AM <i>Kate</i>		<b>Hydro-Fit</b> 6:15 – 7:15 AM <i>Chelsea</i>	<b>Hydro-Fit</b> 8:30 – 9:30 AM <i>Heather L.</i>
<b>All Workout</b> 7:15 – 8:30 AM		<b>All Workout</b> 7:15 – 8:30 AM		<b>All Workout</b> 7:15 – 8:30 AM	<b>Adult Workout</b> 9:30 – 10:30 AM
<b>Hydro-Fit</b> 8:30 – 9:30 AM <i>Dayna</i>		<b>Hydro-Fit</b> 8:30 – 9:30 AM <i>Dayna</i>		<b>Hydro-Fit</b> 8:30 – 9:30 AM <i>Heather L.</i>	
<b>Deep Water Running</b> 10:00 – 10:45 AM <i>Amber</i>	<b>Deep Water Running</b> 10:00 – 10:45 AM <i>Chelsea</i>	<b>Deep Water Running</b> 10:00 – 10:45 AM <i>Rachel</i>	<b>Deep Water Running</b> 10:00 – 10:45 AM <i>Chelsea</i>	<b>Deep Water Running</b> 10:00 – 10:45 AM <i>Amanda</i>	<b>All Workout</b> 10:30 AM – 8:00 PM
<b>Adult Workout</b> 11:00 AM – 12:00 PM	<b>Aqua Dance</b> 11:00 – 11:45 AM <i>Beth</i>	<b>Adult Workout</b> 11:00 AM – 12:00 PM	<b>Aqua Dance</b> 11:00 – 11:45 AM <i>Beth</i>	<b>Adult Workout</b> 11:00 AM – 12:00 PM	
<b>All Workout</b> 12:00 – 9:00 PM	<b>All Workout</b> 11:45 AM – 3:45 PM	<b>All Workout</b> 12:00-4:00 PM	<b>All Workout</b> 11:45 AM – 3:45 PM	<b>All Workout</b> 12:00 – 9:00 PM	
	<b>Kids' Swim Workout</b> 3:45 – 4:25 PM	<b>Kids' Swim Workout</b> 4:00 – 4:45 PM	<b>Kids' Swim Workout</b> 3:45 – 4:25 PM		
	<b>All Workout</b> 4:25 – 9:00 PM	<b>All Workout</b> 4:45 – 9:00 PM	<b>All Workout</b> 4:25 – 9:00 PM		
<b>Adult Workout</b> 9:00 – 11:00 PM	<b>Adult Workout</b> 9:00 – 11:00 PM	<b>Adult Workout</b> 9:00 – 11:00 PM	<b>Adult Workout</b> 9:00 – 11:00 PM	<b>Adult Workout</b> 9:00 – 11:00 PM	<b>SUNDAY</b>
					<b>Adult Workout</b> 9:00 AM – 12:00 PM
					<b>All Workout</b> 12:00 – 9:00 PM

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**All Workout:** Members age 8 and older may walk/swim laps or do therapy exercises. An adult must accompany children ages 8-14 years of age. Under 8 not permitted at this time unless in lessons. Swim lessons for all ages may also be scheduled during this time.

**Hydro-Fit:** A deep water, non-impact, high energy class. Float belts around your waist keep you buoyant and increase your lower body resistance. Hand buoys and water gloves are provided for upper body resistance and help to isolate abdominal muscles. The class sequence includes warm-up, aerobic phase, upper/lower body and abdominal exercises, stretching, and cool down.

**Aqua Dance:** A low impact workout which blends dance with water resistance, for one pool party you won't want to miss! Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

**Deep Water Running:** This high intensity, non-impact workout is designed with the athlete in mind but is self-paced enough to be appropriate for all fitness levels. The class includes warm-up, range of motion movements, sprint intervals, and a strength/toning segment.

**Kids' Swim Workout:** A supervised lap swimming class offered to kids who are members that can swim at least one lap. Participants will have fun while working on their stroke and endurance. There is no registration or fee for this class so drop in any time!

For information regarding aquatic classes, contact Sarah Price at [groupfit@timberhillsports.com](mailto:groupfit@timberhillsports.com) or 541-757-8559

For information about swimming lessons, call Deb Heater at 541-757-8559