



WARM POOL SCHEDULE

WINTER 2020 • JANUARY 5 – MARCH 28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Adult Workout 5:00 – 8:00 AM	Adult Workout 5:00 – 8:00 AM	Adult Workout 5:00 – 8:00 AM	Adult Workout 5:00 – 8:00 AM	Adult Workout 5:00 – 8:00 AM	Adult Workout 7:00 – 9:00 AM
All Workout 8:00 – 9:00 AM	All Workout 8:00 – 9:00 AM	All Workout 8:00 – 9:00 AM	All Workout 8:00 – 9:00 AM	All Workout 8:00 – 9:00 AM	All Workout 9:00 – 10:00 AM
Water Fitness 9:00 – 9:55 AM <i>Maya</i>	Water Fitness 9:00 – 9:55 AM <i>Kate</i>	Water Fitness 9:00 – 9:55 AM <i>Kate</i>	Water Fitness 9:00 – 9:55 AM <i>Judy</i>	Water Fitness 9:00 – 9:55 AM <i>Judy</i>	All Workout/ Family Swim 10:00 AM – 3:00 PM
Water Walking 10:00 – 10:55 AM <i>Maya</i>	Water Walking 10:00 – 10:55 AM <i>Kate</i>	Water Walking 10:00 – 10:55 AM <i>Kate</i>	Water Walking 10:00 – 10:55 AM <i>Beth</i>	Water Walking 10:00 – 10:55 AM <i>Tekla</i>	All Workout 3:00 – 6:00 PM
Joints in Motion 11:00 – 11:55 AM <i>Maya</i>	*NEW* Aqua Fusion 11:00 – 11:55 AM <i>Heather H.</i>	Joints in Motion 11:00 – 11:55 AM <i>Kate</i>	*NEW* Aqua Fusion 11:00 – 11:55 AM <i>Heather H.</i>	Therapy 11:00 AM – 2:00 PM	Adult Workout 6:00 – 8:00 PM
Therapy 12:00 – 2:00 PM	All Workout/ Swim Lessons 12:00 – 7:00 PM	Therapy 12:00 – 2:00 PM	All Workout/ Swim Lessons 12:00 – 7:00 PM		SUNDAY
All Workout/ Swim Lessons 2:00 – 5:30 PM		All Workout/ Swim Lessons 2:00 – 5:30 PM		All Workout/ Swim Lessons 2:00 – 3:30 PM	Adult Workout 9:00 – 10:00 AM
Family Swim/ Swim Lessons 5:30 – 8:30 PM	Water Babies 5:00-5:30 PM	Family Swim/ Swim Lessons 5:30 – 8:30 PM	Swim Lessons/ Family Swim 3:30 – 8:30 PM	All Workout/ Family Swim 10:00 AM – 3:00 PM	
	All Workout/ Swim Lessons cont'd			All Workout 3:00 – 5:00 PM	
	Therapy 7:00 – 8:30 PM			Water Fitness 5:00 – 6:00 PM <i>Judy</i>	
Adult Workout 8:30 – 11:00 PM	Adult Workout 8:30 – 11:00 PM	Adult Workout 8:30 – 11:00 PM	Adult Workout 8:30 – 11:00 PM	Adult Workout 6:00 – 8:30 PM	Adult Workout 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.

***NEW* Aqua Fusion:** Yoga postures and Pilates exercises combine in the water to form Aqua Fusion. Movements for strength, flexibility, balance, and relaxation help in building a stronger core by moving from the inside to the outside. Experience relaxing, strengthening, lengthening and calming effects with movements taken from yoga and Pilates to lengthen and strengthen muscles through concentrated action. Suitable for all fitness levels.

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.

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



BIG POOL SCHEDULE WINTER 2020 • JANUARY 5 – MARCH 28

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

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

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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 or 541-757-8559

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