



## WARM POOL SCHEDULE

### FALL SCHEDULE BEGINNING SEPTEMBER 14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Therapy 5:00 AM – 9:00 AM	Therapy 5:00 AM – 9:00 AM	Therapy 5:00 AM – 9:00 AM	Therapy 5:00 AM – 9:00 AM	Therapy 5:00 AM – 9:00 AM	Therapy 8:00 AM – 1:00 PM	Therapy 8:00 AM – 1:00 PM
Water Fitness 9:00 – 9:45 AM <i>Maya</i>	Water Fitness 9:00 – 9:45 AM <i>Kate</i>	Water Fitness 9:00 – 9:45 AM <i>Kate</i>	Water Fitness 9:00 – 9:45 AM <i>Maya</i>	Water Fitness 9:00 – 9:45 AM <i>Beth</i>		
Water Walking 10:00 – 10:45 AM <i>Maya</i>	Water Walking 10:00 – 10:45 AM <i>Kate</i>	Water Walking 10:00 – 10:45 AM <i>Kate</i>	Water Walking 10:00 – 10:45 AM <i>Beth</i>	Water Walking 10:00 – 10:45 AM <i>Tekla</i>		
Therapy 11:00 AM – 3:00 PM	Aqua Fusion 11:00 – 11:45 AM <i>Heather H.</i>	Therapy 11:00 AM – 3:00 PM	Aqua Fusion 11:00 – 11:45 AM <i>Heather H.</i>	Therapy 11:00 AM – 3:00 PM	Family Swim 1:00-4:00 PM	Family Swim 1:00-4:00 PM
	Therapy 12:00 – 3:00 PM		Therapy 12:00 – 3:00 PM			
Swim Lessons 3:00 – 7:00 PM	Swim Lessons 3:00 – 7:00 PM	Swim Lessons 3:00 – 7:00 PM	Swim Lessons 3:00 – 7:00 PM	Swim Lessons 3:00 – 5:00 PM		
				Family Swim 5:00—8:00 PM		
Therapy 7:00—8:00 PM	Therapy 7:00—8:00 PM	Therapy 7:00—8:00 PM	Therapy 7:00—8:00 PM			

**Participants are required to maintain 6' physical distancing unless members of the same party or family.**

**Maximum occupancy for the warm pool is 14**

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

**Swim lessons** for registered participants.

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

**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.

**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.



# LAP POOL SCHEDULE

## FALL SCHEDULE BEGINNING SEPTEMBER 14

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
All Workout 5:00 – 6:15 AM	All Workout 5:00 – 9:45 AM	All Workout 5:00 – 6:15 AM	All Workout 5:00 – 9:45 AM	All Workout 5:00 – 6:15 AM	All Workout 8:00 – 8:30 AM	All Workout 8:00 AM – 4:00 PM
Hydro-Fit 6:15 – 7:15 AM <i>Rachel</i>		Hydro-Fit 6:15 – 7:15 AM <i>Kate</i>		Hydro-Fit 6:15 – 7:15 AM <i>Rachel</i>	Hydro-Fit 8:30 – 9:30 AM <i>Tekla</i>	
All Workout 7:15 – 8:30 AM		All Workout 7:15 – 8:30 AM		All Workout 7:15 AM – 8:00 PM		
Hydro-Fit 8:30 – 9:30 AM <i>Dayna</i>		Hydro-Fit 8:30 – 9:30 AM <i>Dayna</i>				
All Workout 9:30 AM – 8:00 PM	Deep Water Running 10:00 – 10:45 AM <i>Deb</i>	All Workout 9:30 AM – 8:00 PM	Deep Water Running 10:00 – 10:45 AM <i>Tekla</i>	All Workout 7:15 AM – 8:00 PM	All Workout 9:30 AM – 4:00 PM	
	All Workout 10:45 AM – 3:30 PM		All Workout 10:45 AM – 3:30 PM			
	Kids Swim Workout 3:30 – 4:15 PM		Kids Swim Workout 3:30 – 4:15 PM			
	All Workout 4:15 – 5:30 PM		All Workout 4:15 – 5:30 PM			
	H <sub>2</sub> O Mashup 5:30 – 6:30 PM <i>Tekla</i>		H <sub>2</sub> O Mashup 5:30 – 6:30 PM <i>Tekla</i>			
	All Workout 6:30 – 8:00 PM		All Workout 6:30 – 8:00 PM			

### Lap swim: one person per lane during All Workout

Class participants are required to maintain 6' physical distancing unless members of the same party or family.

Maximum occupancy for aquatics classes using 3 lanes is 28

**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.

**Kid's swim workout** is designed for swimmers that are Level 2+ & 3. The skills required for these levels are as follows:

- **Level 2+** - Your child has a strong freestyle with bi-lateral breathing, a good backstroke, and can swim a lap of each. They should have some experience with the dolphin kick, the fly and breaststroke.
- **Level 3** - If your child can swim freestyle, backstroke, and breaststroke for at least 50 yards and can do the fly for 25 yards.

**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.

**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.

**H<sub>2</sub>O Mashup:** An energizing, non-impact, deep water class utilizing the float belts, hand buoys, and more. H<sub>2</sub>O Mashup focuses on cardio and muscle endurance in this powerhouse class suitable for all fitness levels.

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

For information about swim lessons, contact Deb Heater at 541-757-8559