



# OUTDOOR POOL SCHEDULE—SPRING/SUMMER 2023

The outdoor pool is open to members ages 14+

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim Ages 14+ 5:00 AM – 1:00 PM	Lap Swim Ages 14+ 5:00 – 10:00 AM	Lap Swim Ages 14+ 5:00 AM – 1:00 PM	Lap Swim Ages 14+ 5:00 – 10:00 AM	Lap Swim Ages 14+ 5:00 AM – 1:00 PM	Lap Swim Ages 14+ 7:00 AM – 1:00 PM	Lap Swim Ages 14+ 7:00 AM – 1:00 PM
	Deep Water Running* <i>*weather permitting</i> 10:00 – 10:45 AM Tekla		Deep Water Running* <i>*weather permitting</i> 10:00 – 10:45 AM Tekla			
	Lap Swim Ages 14+ 10:45 AM–1:00 PM		Lap Swim Ages 14+ 10:45 AM–1:00 PM			
Open Recreation Ages 14+ 1:00 – 4:00 PM	Open Recreation Ages 14+ 1:00 – 4:00 PM	Open Recreation Ages 14+ 1:00 – 4:00 PM	Open Recreation Ages 14+ 1:00 – 4:00 PM	Open Recreation Ages 14+ 1:00 – 4:00 PM	Open Recreation Ages 14+ 1:00 – 4:00 PM	Open Recreation Ages 14+ 1:00 – 4:00 PM
Lap Swim Ages 14+ 4:00 – 9:00 PM	Lap Swim Ages 14+ 4:00 – 9:00 PM	Lap Swim Ages 14+ 4:00 – 9:00 PM	Lap Swim Ages 14+ 4:00 – 9:00 PM	Lap Swim Ages 14+ 4:00 – 9:00 PM	Lap Swim Ages 14+ 4:00 – 7:00 PM	Lap Swim Ages 14+ 4:00 – 7:00 PM

	DATE	TIME
<b>OUTDOOR FAMILY SWIM</b> Open to all ages	Wednesdays July 12 <sup>th</sup> August 9 <sup>th</sup> August 30 <sup>th</sup>	5:00-8:00 PM

**Lap Swim:** Members ages 14 and older may walk, swim laps, or do therapy exercises.

**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. *This class will be held in the outdoor pool, weather permitting.*

**Open Recreation:** Have fun during open rec time! Members ages 14 and older may swim, splash, or play water games. *All open recreation participants must be active members of Timberhill Athletic Club (monthly, weekly, or single-day membership required).*

**Outdoor Family Swim July 12<sup>th</sup>, Aug 9<sup>th</sup> and Aug 30<sup>th</sup>:** Recreational swim for parents/caregivers and children. Anyone under age 14 must be accompanied by an adult. Lifeguard on duty and concessions will be available. All family swim participants must be active members of Timberhill Athletic Club (monthly, weekly, or single-day membership required).

**Age verification wristbands required for members 14-17 years old**