



# THErapy POOL SCHEDULE

## REVISED FALL SCHEDULE (11/1/23) • SEPTEMBER 10 – DECEMBER 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Therapy 5:00 – 9:00 AM	Therapy 5:00 – 9:00 AM	Therapy 5:00 – 9:00 AM	Therapy 5:00 – 9:00 AM	Therapy 5:00 – 9:00 AM	Therapy 7:00 – 10:30 AM	Therapy 7:00 AM–2:00 PM
Water Fitness 9:00 – 9:55 AM Maya	Water Fitness 9:00 – 9:55 AM Kate	Water Fitness 9:00 – 9:55 AM Kate	Water Fitness 9:00 – 9:55 AM Maya	Water Fitness 9:00 – 9:55 AM Beth		
Water Walking 10:00 – 10:55 AM Maya	Water Walking 10:00 – 10:55 AM Kate	Water Walking 10:00 – 10:55 AM Kate	Water Walking 10:00 – 10:55 AM Beth	Water Walking 10:00 – 10:55 AM Tekla	Water Babies/ Water Kids/ Swim Lessons 10:30 - 2:00 PM	
Joints in Motion 11:00 – 11:55 AM Nancy	Aqua Fusion 11:00 – 11:55 AM Heather H.	Joints in Motion 11:00 – 11:55 AM Kate	Aqua Fusion 11:00 – 11:55 AM Tekla	Aqua Fusion 11:00 – 11:55 AM Heather H.		
Therapy 12:00 – 3:00 PM	Therapy 12:00 – 2:00 PM	Therapy 12:00 – 3:00 PM	Therapy 12:00 – 2:00 PM	Therapy 12:00 – 3:00 PM	Family Swim 2:00 - 5:00 PM	
Swim Lessons 3:00 – 7:00 PM	Swim Lessons 2:00 – 7:00 PM	Swim Lessons 3:00 – 7:00 PM	Swim Lessons 2:00 – 7:00 PM	Swim Lessons 3:00 – 6:30 PM		
Therapy 7:00 - 10:00 PM		Therapy 7:00 - 10:00 PM	Therapy 7:00 - 10:00 PM	Therapy 7:00 - 10:00 PM	Family Swim 6:30 - 8:30 PM	
Therapy 7:00 - 10:00 PM	Therapy 7:00 - 10:00 PM	Therapy 7:00 - 10:00 PM	Therapy 7:00 - 10:00 PM	Therapy 8:30 - 10:00 PM	Therapy 5:00 - 7:00 PM	Therapy 5:00 - 7:00 PM

**Family Swim:** Recreational swim for parents and children. Anyone under age 14 must be accompanied by an adult. All family swim participants must be active members of Timberhill Athletic Club (monthly, weekly, or single-day membership required).

**Swim lessons** for registered participants.

**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 Kids:** This class is offered to children ages 2.5 to 4 years and their parents and is a transition class from water babies to swim lessons. A parent will need to accompany the child in the pool.

**Therapy:** Therapy exercises, walking, slow lap swimming, and stretching only. Members 18 and older are welcome during this time.

**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.

**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 strengthen muscles through concentrated action. Suitable for all fitness levels.



# LAP POOL SCHEDULE

## REVISED FALL SCHEDULE (11/1/23) • SEPTEMBER 10 – DECEMBER 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
All Workout 5:00 – 8:00 AM	All Workout 5:00 – 10:00 AM	All Workout 5:00 – 8:00 AM	All Workout 5:00 – 10:00 AM	All Workout 5:00 – 8:00 AM	All Workout 7:00 – 8:30 AM	
Hydro-Fit 8:00 – 9:00 AM Nancy		Hydro-Fit 8:00 – 9:00 AM Nancy		Hydro-Fit 8:00 – 9:00 AM Tekla		
All Workout 9:00 AM – 3:45 PM	Deep Water Running 10:00 – 10:45 AM Tekla	All Workout 9:00 AM – 3:45 PM	Deep Water Running 10:00 – 10:45 AM Tekla	All Workout 9:00 AM – 10:00 PM	All Workout 9:30 AM – 7:00 PM	All Workout 7:00 AM – 7:00 PM
<b>*NEW*</b> Kid's Swim Workout 3:45–4:25 PM Lanes 1 & 2 will be occupied	All Workout 10:45 AM–5:30 PM	<b>*NEW*</b> Kid's Swim Workout 3:45–4:25 PM Lanes 1 & 2 will be occupied	All Workout 10:45 AM–5:30 PM			
All Workout 4:30 – 10:00 PM	HydroFit 5:30-6:30 PM Nancy	Swim Lessons 4:30-6:30 PM Lane 2 will be occupied	HydroFit 5:30-6:30 PM Nancy			
	All Workout 6:30 – 10:00 PM	All Workout 6:30 – 10:00 PM	All Workout 6:30 – 10:00 PM			

**All Workout:** Members ages 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:** 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!

**Swim lessons** for registered participants. Will occupy at least two lap lanes.

**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.

**\*Hydro-Fit and Deep Water Running classes will occupy lanes four and five and occasionally lane three if there are eight or more class participants.**