



# OUTDOOR POOL SCHEDULE—SPRING/SUMMER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Lap Swim Ages 14+ 5:00 – 10:00 AM		Lap Swim Ages 14+ 5:00 – 10:00 AM			
Lap Swim Ages 14+ 5:00 AM – 10:00 PM	Deep Water Running* <i>*weather permitting</i> 10:00 – 10:45 AM Tekla  Minimum of two lap lanes occupied from 9:50-11:00 AM	Lap Swim Ages 14+ 5:00 AM – 10:00 PM	Deep Water Running* <i>*weather permitting</i> 10:00 – 10:45 AM Tekla  Minimum of two lap lanes occupied from 9:50-11:00 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
	Lap Swim Ages 14+ 11:00 AM–1:00 PM		Lap Swim Ages 14+ 11:00 AM–1:00 PM			
Open Recreation Ages 14+ 1:00 – 5:00 PM	Open Recreation Ages 14+ 1:00 – 5:00 PM	Open Recreation Ages 14+ 1:00 – 5:00 PM	Open Recreation Ages 14+ 1:00 – 5:00 PM	Starting June 28 <sup>th</sup> Outdoor Family Swim 1:00-5:00 PM <i>All ages welcome!</i>	Starting June 28 <sup>th</sup> Outdoor Family Swim 1:00-5:00 PM <i>All ages welcome!</i>	Starting June 28 <sup>th</sup> Outdoor Family Swim 1:00-5:00 PM <i>All ages welcome!</i>
Lap Swim Ages 14+ 5:00 – 10:00 PM	Lap Swim Ages 14+ 5:00 – 10:00 PM	Lap Swim Ages 14+ 5:00 – 10:00 PM	Lap Swim Ages 14+ 5:00 – 10:00 PM	Lap Swim Ages 14+ 5:00 – 10:00 PM	Lap Swim Ages 14+ 5:00 – 7:00 PM	Lap Swim Ages 14+ 5:00 – 7:00 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 OR pay the single day membership fee (ages 14 and older: \$14). NOTE: No lifeguard on duty and no concessions available.*

**Outdoor Family Swim:** Enjoy family fun in the sun during Family Swim for members of all ages! Participants under the age of 14 must be accompanied by an adult. Lifeguards on duty and concessions will be available. *All family swim participants must be active members of Timberhill Athletic Club OR pay the single day membership fee (ages 8 and older: \$14 and ages 7 and younger: \$7).*