



OUTDOOR POOL SCHEDULE—SEPTEMBER & OCTOBER 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|---|---|---|
| Lap Swim Ages 14+ 5:00 AM – 10:00 PM | Lap Swim Ages 14+ 5:00 – 10:00 AM | Lap Swim Ages 14+ 5:00 AM – 10:00 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 Minimum of two lap lanes occupied from 9:50-11:00 AM | | 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+ 11:00 AM–10:00 PM | | Lap Swim Ages 14+ 11:00 AM–10:00 PM | | | |
| | | | Open Recreation Ages 14+ 1:00 – 5:00 PM | | Open Recreation Ages 14+ 1:00 – 5:00 PM | |
| | | | Lap Swim Ages 14+ 5:00 – 7:00 PM | | Lap Swim Ages 14+ 5:00 – 7:00 PM | |
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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.*