



# Warm Pool

Monday	Tuesday	Wednesday	Thursday	Friday	<u>WEEKEND</u> Saturday
Adult Workout 5:00-8:00	Adult Workout 5:00-8:00	Adult Workout 5:00-8:00	Adult Workout 5:00-8:00	Adult Workout 5:00-8:00	Adult Workout 7:00-9:00
All Workout 8:00-9:00	All Workout 8:00-9:00	All Workout 8:00-9:00	All Workout 8:00-9:00	All Workout 8:00-9:00	All Workout 9:00-10:00
<b>Water Fitness</b> 9:00-10:00	<b>Water Fitness</b> 9:00-10:00	<b>Water Fitness</b> 9:00-10:00	<b>Water Fitness</b> 9:00-10:00	<b>Water Fitness</b> 9:00-10:00	All Workout/ Family Swim 10:00-3:00
<b>Water Walking</b> 10:00-11:00	<b>Water Walking</b> 10:00-11:00	<b>Water Walking</b> 10:00-11:00	<b>Water Walking</b> 10:00-11:00	<b>Water Walking</b> 10:00-11:00	All Workout 3:00-6:00
<b>Water Walking</b> 11:00-11:30	<b>Tri-Aqua</b> 11:00-12:00	<b>Water Walking</b> 11:00-11:30	<b>Tri-Aqua</b> 11:00-12:00	<b>Tri-Aqua</b> 11:00-12:00	Adult Workout 6:00-8:00
Therapy 11:30-2:00	All Workout/ Swim Lessons 12:00-7:00	Therapy 11:30-2:00	All Workout/ Swim Lessons 12:00-7:00	Therapy 12:00-2:00	<b>Sunday</b>
All Workout/ Swim Lessons 2:00-5:30		All Workout/ Swim Lessons 2:00-5:30		All Workout/ Swim Lessons 2:00-5:30	Adult Workout 9:00-10:00
Family Swim/Swim Lessons 5:30-8:30		Family Swim/Swim Lessons 5:30-8:30		Family Swim/Swim Lessons 5:30-8:30	All Workout 3:00-5:00
Therapy 7:00-8:30		Therapy 7:00-8:30		Therapy 7:00-8:30	<b>Water Fitness</b> 5:00-6:00
Adult Workout 8:30-11:00	Adult Workout 8:30-11:00	Adult Workout 8:30-11:00	Adult Workout 8:30-11:00	Adult Workout 8:30-11:00	All Workout 6:00-8:30
					Adult Workout 8:30-9:00

**All classes are included in your membership, join anytime! Updated 01/12**

**Adult Workout:** Individual workout time for members 18 years & older only.

**All Workout:** Members age 8 and older may walk/swim laps or do therapy exercise.

An adult must accompany children ages 8 - 14 years. Under 8 not permitted at this time unless in lessons.

**“Swim Lessons”** for all ages may also be scheduled during this time.

**Family Swim:** Recreational swim for parents and their kids. Under 14 years must be with an adult.

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

**Swimming Lessons:** Group swim lessons are offered during this time. The pool is also available for

**“All Workout”** activities during this time.

**Water Fitness:** A class for all ages and fitness levels.

**Water Walking:** A slower moving class for all ages. Includes stretching, range of motion, and toning moves.

**Tri Aqua:** Water yoga? Not quite, but close. TAC's Tri-Aqua is a slow moving class incorporating elements of Pilates, Kick Boxing, Tai Chi, and Yoga. It is a full body and mind workout. The class brings awareness to the breath and balance while moving through postures. Also, the class works on strength and range of motion moves. 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; it is appropriate for all ages and fitness abilities.