



# Pool Schedule

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim/WW 5:30am - 7:35am	Lap Swim Water Walking	Lap Swim/ WW 5:30am - 7:35am	Lap Swim Water Walking	Lap Swim/WW 5:30am - 7:50am	Lap Swim Water Walking	Lap Swim
Water Workout 7:45am - 8:30am	5:30am - 8:50am	Water Workout 7:45am - 8:30am	5:30am - 8:50am	Morning H2O 8:00am - 8:45am	7:00am - 8:50am	Water Walking 7:00am - 9:50am
Aqua Attack 9:00am - 9:45am	Water Workout 9:00am - 9:45am	Aqua Attack 9:00am - 9:45am	Water Workout 9:00am - 9:45am		Water Babies/Tikes 9:00am - 9:30am*	Aqua Zumba 10:00am - 11:00am
Aqua Blast 10:15am - 11:00am	Water Work-it 10:15am - 11:00am	Aqua Blast 10:15am - 11:00am	Water Work-it 10:15am - 11:00am		Group Swim 9:40am - 10:25am*	
Lap Swim Water Walking 11:10am - 5:35pm	Lap Swim Water Walking 11:10am - 7:05pm	Lap Swim Water Walking 11:10am - 5:35pm	Lap Swim Water Walking 11:10am - 7:05pm	Lap Swim Water Walking 8:55am - 5:50pm	Lap Swim Water Walking 10:35am - 2:50pm	Lap Swim/WW 11:10am - 1:50pm
Water Babies/Tikes 5:45pm - 6:15pm*		Water Babies/Tikes 5:45pm - 6:15pm*	Maintenance 1:00pm - 2:30pm		Pool Rental 3:00pm - 5:00pm	Pool Rental 2:00pm - 4:00pm
Group Swim 6:25pm - 7:10pm*	Aqua Zumba 7:15pm - 8:15pm	Group Swim 6:25pm - 7:10pm*	Aqua Jog 7:15pm - 8:00pm	Pool Rental 6:00pm - 8:00pm		
Lap Swim/WW 7:15pm - 8:50pm	Lap Swim/WW 8:25pm - 8:50pm	Lap Swim/WW 7:15pm - 8:50pm	Lap Swim/WW 8:10pm - 8:50pm	Lap Swim/WW 8:10pm - 8:50pm		

Classes will be held in the format indicated. If an instructor is unavailable, a substitution format will be offered.

- Members are allowed to swim during swim lessons, space is limited
- Promptly exit the water after classes
- All lanes are open for lap swim and/or water walking, please share as needed
- Private Pool Rentals: reservations taken at front desk. Lap swim resumes if no reservation is taken
- South Suburban Special Recreation Association will be in the pool on Saturday mornings, a lane will be reserved for their use throughout the year
- No access to women's locker room M-F 1:30pm - 2:00pm due to cleaning
- If maintenance is not being done in the pool feel free to swim

\* Additional fees apply

**Schedule Is Subject To Change**

**Visit us at [www.tinleyparkdistrict.org](http://www.tinleyparkdistrict.org) or call 708.342.4255**

### Water Workout

This class will provide cardiovascular benefits similar to land-base workout without the stress on the joints. A nice compliment to cross training or just plain "working out - for the health of it" and using your muscles in a different way! Stay motivated and invigorated...variety is the spice of life.

### Water Work-It

Get ready for a total body water workout. This class is for every shape and fitness level. You will stretch & tone in a fun class designed for cardiovascular improvement with a focus on coordination and balance. Leave with a smile.....

### Aqua Attack

Attack the water for this aqua combo class. Build strength with resistance exercises interspersed between classic cardio intervals. Increase coordination, balance, and flexibility with this full-body workout. Get wet, burn calories, and leave stronger.

### Aqua Blast

This high energy, powerful, and uplifting class is a fun effective way to burn calories and build muscles. Designed for those who like a variety of cardio, muscular, endurance, and flexibility training. Water provides an atmosphere of safe resistance for aerobic conditioning.

### Aqua Jog

Cardiovascular interval routine with use of aqua weights and belts for a suspension corecentric workout.



### Morning H2O

Instead of your morning Cup of Joe, wake up with an energizing workout in the H2O! Build cardiovascular endurance that lasts all day long! Start your day off right and we'll show you, you'll never need that morning caffeine again.

### Aqua Zumba

Take the fun music and Latin moves from the floor to the water! Splash your way into shape with this energetic workout. A pool party that will elevate your heart rate, sculpt your body and lose unwanted calories.

### Aqua Splash

This low impact cardio workout will improve endurance and increase muscle tone. Using the water to cushion your joints, make a splash into a fun and energizing class.

## Tinley Fitness offers SWIM LESSONS!

### Water Babies

Developed for children 6 months to 3 years, Parent and Child American Red Cross Aquatics helps young children get ready to swim by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary swimming skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more. The design of the program is to foster a high comfort level and build confidence while teaching parent safety information and techniques to help orient your children in the water. Parent(s) will be in the water, "little swimmers" diapers are required under swim suit. \*Additional fees apply, check current brochure.

### Water Tikes

American Red Cross Preschool Swim Program is designed for ages 4 & 5. Children learn water safety, survival skills and foundational swimming concepts in a safe and fun environment. Water Tikes has 3 levels preparing your child for the Learn-to-Swim program. Skills are age-appropriate, allowing students to achieve success on a regular basis. The parent's participation in the water is based on your child's ability and level assigned. Parents should always be prepared to enter the water, especially on the first day of class. \*Additional fees apply, check current brochure.

### Group Swim

American Red Cross Learn-to-Swim program is unlike anything offered by other learning to swim programs. Six levels designed for children 6 years and over. Students progress through the levels at their own pace, mastering the skills in one level before advancing to the next. Each level of our Learn-to-Swim class includes training in basic water safety and helping others in an emergency, in addition to stroke development. During the first day of class abilities will be assessed and children will be placed in appropriate groups. \*Additional fees apply, check current brochure.

### Private Swim Lessons

Private swim lessons are offered on a 1-on-1 instruction for all ages and abilities. It's never too late to learn how to swim or gain that competitive edge over your fellow swim team members. These lessons are scheduled any day of the year when the pool is open for lap swimming. Only 15 spots are will be open for registration each brochure (initially). A manager will contact you within 7 days to schedule your lessons at a mutually agreed upon time. Once open registration is filled a waitlist will be created, if and when an instructor becomes available you may be contacted for scheduling. This package includes 6 lessons each 1/2 hour in length. \* Additional fees apply, check current brochure.

### Pool Rental

Tinley Fitness Pool is the perfect place to host a variety of gatherings including birthday parties, school celebrations, and scouting events. Rental includes 2 hours of pool time, party room, and lifeguards. Parties are available call for times.

1 - 30 guests	Resident \$225.00/Non-resident \$325.00
31 - 40 guests	Resident \$275.00/Non-resident \$375.00
41 - 50 guests	Resident \$325.00/Non-resident \$425.00

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