



## April Showers

Tinley Park - Park District Facilities will be closed on Sunday, April 4th.

[Tinley Fitness Website](#)

Masks are still mandatory while working out; masks may be removed while you are in the water.

### Group Fitness

**NOW offering MORE In-Person Classes!**  
Registration is OPEN for the April 5th -  
May 2nd session!



Program codes are listed on the attached schedules. **Virtual Class links are embedded in the schedule.**

[Group Fitness April Schedule](#)



[April Pool Appointments](#)

### Pool Information

As a reminder Pool Appointment Registration is Friday, March 19 at 8:00am. This will be our last registration for pool appointments unless guidance changes.

**In May we will resume Open Swim Etiquette/Procedures.**

Time adjustment to the Women's Locker Room Schedule; No Access M-F from 12:00pm - 12:30pm due to cleaning.

## Please Join Us

### Leona Howard - Sink or Swim



**Watch Leona give a little snip-it on April 12th,**

Life, an uncertain journey. Join Leona Howard as she discusses her obstacles and "surviving the odds" of three different types of cancers. This 30 minute Interactive Zoom session gives our community insight from one of our own. While struggling for answers, she saw first

**just click on presents.....**

Use the link below on April 12th  
@ 11:00am for the Zoom Session.

April 12th SOS Link

hand the deficiencies in the  
health care and fitness  
fields; you learn to  
"Sink or Swim."

### Freeze Information

All Freeze and Cancellation Policies/Fees began again as of January 1, 2021. A Household is able to request a membership freeze once every 12 months for a \$10.00 fee. The allotted time of the Freeze is 1 – 4 consecutive months.

You may call (708) 342-4255 or email [Tinley.Fitness@tinleyparkdistrict.org](mailto:Tinley.Fitness@tinleyparkdistrict.org) if you have billing questions or to reactivate your Freeze. To be able to partake in Virtual or In-Person classes your membership must be Active.