

Special Holiday Pool Schedule

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
MORNING						
<p>**5:15-9:15 All Lanes Lap</p> <p>**On 12/31/14 7:15-9:15 2 Lanes Lap/ Oak Knoll</p> <p>9:15-10:15 Let the Music Move you (Cheryl)</p> <p>10:15-11:45 3 Lanes Lap / Rec Swim</p>	<p>Building Closed:</p> <p>Dec. 25th & January 1st</p>	<p>5:15-9:15 All Lanes Lap</p> <p>9:15-10:15 Jump Start your Weekend (Shannon)</p> <p>10:15-11:15 3 Lanes Lap / Prepare, Sustain, & Recover (Shannon)</p> <p>11:15-12:15 3 Lanes Lap / Rec Swim</p>	<p>7:00-9:00 All Lanes Lap</p> <p>9:00-10:00 2 Lanes Lap / Aqua Intervals (Kathryn)</p> <p>10:00-11:00 Adult Beginner R</p> <p>10:00-1:00 Rec Swim</p>	<p>7:00-9:00 All Lanes Lap</p> <p>9:00-10:00 2 Lanes Lap / Aqua Boot Camp (Kathryn)</p> <p>10:00-11:00 Adult Intermediate R</p> <p>10:00-1:00 Rec Swim</p>	<p>5:15-7:15 All Lanes Lap</p> <p>7:15-9:15 2 Lanes Lap/ Oak Knoll</p> <p>9:15-10:15 Aqua Intervals (Amy)</p> <p>10:15-11:15 Adult Intermediate</p> <p>11:15-12:15 Adult Beginners</p>	<p>5:15-7:15 All Lanes Lap</p> <p>7:15-9:15 2 Lanes Lap/ Oak Knoll</p> <p>9:15-10:15 Aqua Boot Camp (Kathryn)</p> <p>10:15-11:30 3 Lanes Lap / Rec Swim</p>
AFTERNOON						
<p>Building will close at 12:00pm</p> <p>Dec. 24th & Dec. 31st</p>	<p>Enjoy your Holiday &</p>	<p>12:15-1:00 All Lanes Lap</p> <p>1:00-2:00 3 Lanes Lap/ Rec Swim</p> <p>2:00-3:00 Senior Swim</p>	<p>11:00-1:00 2 Lanes Lap</p> <p>1:00-3:00 All Lanes Lap</p> <p>3:00-4:45 Rec Swim</p>	<p>11:00-1:00 2 Lanes Lap</p> <p>1:00-3:00 All Lanes Lap</p> <p>3:00-4:45 Rec Swim</p>	<p>10:15-12:15 2 Lanes Lap / Rec Swim</p> <p>12:15-1:30 All Lanes Lap</p> <p>1:30-3:00 Governor Livingston</p> <p>3:00-4:00 Senior Swim</p>	<p>11:30-12:30 All Lane Lap</p> <p>12:30-1:30 3 Lanes Lap / Aqua S.P.A</p> <p>1:30-3:00 Governor Livingston</p> <p>3:00-5:00 Rec Swim/ Oratory</p>
EVENING						
	<p>Have a Happy New Year!</p>	<p>3:00-6:00 2 Lanes Lap / Rec Swim</p> <p>6:00-7:00 All Lanes Lap</p> <p>7:00-8:00 Aqua Boot Camp</p> <p>7:00-9:45 Rec Swim</p> <p>8:00-9:45 3 Lanes Lap</p>			<p>4:00-6:00 3 Lanes Lap / Rec Swim</p> <p>6:00-7:00 All Lanes Lap</p> <p>7:00-9:45 3 Lanes Lap / Rec Swim</p>	<p>5:00-7:00 3 Lanes Lap / Rec Swim</p> <p>7:00-8:00 3 Lanes Lap / Adult Beginner</p> <p>8:00-9:00 3 Lanes Lap / Adult Intermediate</p> <p>9:00-9:45 All Lanes Lap</p>

All regularly scheduled laps, classes, and programs will resume on January 2nd.

SWIMMING CLASSES FOR ADULTS FREE FOR TOTAL FACILITY MEMBERS

Our pool is a great place for adults to enjoy exercise or begin a learn-to-swim program. We offer a variety of water exercise classes that are, suitable for all swimming levels and even non-swimmers! Our adult learn-to-swim program starts with water adjustment and basic swimming skills and progresses to the advanced fitness swimmer. All classes are taught by experienced and certified professionals.

LAP SWIM

Enjoy time in our beautiful 5 lane, 25 yard pool! We offer many hours of lap swim throughout the day and evening.

SENIOR SWIM M 3:00p, F 2:00p

Reserved pool time for seniors and physically challenged members of The Connection.

ADULT LEARN TO SWIM & COMPETITIVE CLASSES

**Registration required for ALL Adult Learn to swim classes*

Adult Beginner M 11:15a, T 7:00p, Sa 10:00a

Water adjustment and basic skills. Learn crawl stroke with breathing technique, backstroke and gradual intro to deep water (including jumping).

Adult Intermediate M 10:15a, T 8:00p, Su 10:00a

Must be able to swim 4 lengths of the pool. Improve form and breathing technique. Intro to breaststroke and standing dives. Average 20-30 laps per class.

WATER EXERCISE CLASSES

Beginner Water Exercise Programs:

Aqua S.P.A. (Special Population Aerobics) Tu 12:30p

An aquatic exercise program designed specifically for people with arthritis, osteoporosis, and related health concerns. This program uses gentle activities to help increase joint flexibility and range of motion, to maintain muscle strength, and to increase stamina.

Prepare, Sustain, and Recover F 10:15a

This class includes gentle movements and exercises that will improve mobility, strength, breathing, and relaxation. Appropriate for those looking to prepare for surgery, just returning to physical activity, wanting to reduce pain, and/or improve overall day to day life.

Intermediate Water Exercise Programs:

Aqua-Intervals Sa 9:00a, M 9:15a

Warm up, stretch, and get your body moving as you quickly progress into intervals of cardio and strength training exercises in the shallow water. Then make your way to the deep water where your workout continues and gets your body energized for the day.

Jump Start Your Weekend F 9:15a

This class begins with a brisk stretch and warm-up, followed by 35 minutes of a callisthenic total body workout and then finishes with a refreshing cool down that has you ready to start your weekend off on the right pace!

Advanced Water Exercise Programs:

Aqua Boot Camp F 7:00p; Su 9:00a, Tu 9:15a

Step up your routine with this athletic style workout, where participants work at high levels of intensity. General movements such as high knee and hamstring jogging, kicks, jumping jacks, cross-country skiing, and squats are used at various tempos and intervals of resistance.

Let the Music Move You W 9:15a

An invigorating workout were aqua meets dance. We will make you sweat while having fun at the same time! It combines a variety of workout styles including deep and shallow cardio exercises, equipment and fun DANCE moves used for muscle toning!

RECREATIONAL SWIM

M: 10:15a, 4:00p, 7:00p; Tu: 10:15a, 3:00p, 5:00p; W: 10:15a;
F: 11:15a, 1:00p, 3:00p, 7:00p; Sa: 10:00a, 3:00p; Su: 10:00a, 3:00p

The entire family can enjoy swimming in our pool with toys, noodles, balls and more. Non-swimmers and children under 10 must be accompanied by an adult.

Recreational Swim is free for Total Facility members or \$20 family pass for non-members

Infants and toddlers must wear two swim diapers: a non-disposable swim diaper with gathered legs and waist (available at Front Desk) over a disposable swim diaper.

Total Facility Fees

Enjoy full use of the Fitness Center and pool and participate in all adult fitness, aquatic and dance classes. Baby-sitting is free and available for TF members.

	Monthly	Annual
ADULT	\$65	\$765
HOUSEHOLD	\$92	\$1,085
SENIORS	\$55	\$645
SR. HOUSEHOLD	\$75	\$895