



Thanksgiving Pool Schedule

LATE FALL 2014
November 27th – November 30th

Thursday, Nov. 27 th	Friday, Nov. 28 th	Saturday, Nov. 29 th	Sunday, Nov. 30 th
BUILDING CLOSED	5:15-9:15 All Lap Lanes 9:15-10:15 Jump Start Your Weekend (Shannon) 10:15-11:15 Prepare, Sustain, and Recover R (Shannon) 10:15-11:45 Rec Swim	7:00-9:00 All Lanes Lap 9:00-10:00 2 Lanes Lap / Aqua Intervals (Kathryn) 10:00-11:00 Adult Beginner R 10:00-1:00 Rec Swim	7:00-9:00 All Lanes Lap 9:00-10:00 2 Lanes Lap / Aqua Boot Camp (Kathryn) 10:00-11:00 Adult Intermediate R 10:00-1:00 Rec Swim
	11:15-11:45 3 Lanes Lap 11:45-1:00 All Lanes Lap 1:00-2:00 Rec Swim / 3 Lanes Lap 2:00-3:00 Senior Swim	11:00-1:00 2 Lanes Lap 1:00-3:00 All Lanes Lap 3:00-4:45 Rec Swim	11:00-1:00 2 Lanes Lap 1:00-3:00 All Lanes Lap 3:00-4:45 Rec Swim
HAPPY THANKSGIVING	3:00-7:00 Rec Swim / 2 Lanes Lap 7:00-8:00 Aqua Boot Camp (Kathryn) 7:00-9:45 3 Lanes Lap 8:00-9:45 Rec. Swim		

There will be NO YOUTH CLASSES Thursday, November 27th- Sunday, November 30th.
Have A Happy Thanksgiving!

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 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 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 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:

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

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

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.

RECREATIONAL SWIM

Fri. 10:15a, 1:00p, 3:00p, 8:00p; 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