



TULLAHOMA

Parks and
Recreation

Indoor Pool Schedule Winter 2014

	Public Swim	Adult Lap Swim (Ages 16 years and above)	Lap Swim (Ages 12 years and above)	Senior Water Exercise	Water Aerobics	Hydro-Shape	Tulahoma Swim Club
Monday	7pm-8:30pm	6am-10am Noon-1	6pm-8:30 pm	10am-Noon (residents)	6pm-7pm		3pm-6pm
Tuesday		7am-1pm	6pm-8:30 pm	10am-Noon (non-residents)		Noon-1	3pm-6pm
Wednesday		6am-10am Noon-1	6pm-8:30 pm	10am-Noon (residents) Senior Swim Noon-1:00	6pm-7pm		3pm-6pm
Thursday		7am-1pm	6pm-8:30pm	10am-Noon (non-residents)		Noon-1	3pm-6pm
Friday	6pm-8:30pm	6am-10am Noon-1	5pm-6pm	10am-Noon (residents)			3pm-5pm
Saturday	Noon-4pm	9am-11am	9am-11am 4pm-4:45pm	Senior Swim 9am-11am			
Sunday	1pm-4pm		4pm-4:45pm				

Hydroshape is an instructor lead, low impact toning and cardio class that uses exercise equipment as resistance.

Water Aerobics is low impact, instructor-led workout for beginners to intermediate participants.

Senior Water Exercise is for seniors age 60+ and focuses on maintaining joint mobility and muscle strength.

Senior Swim is a time for seniors age 60+ to enjoy the pool with free time to swim laps, exercise, or socialize.

Tulahoma Swim Club is our community year-round competitive swim team. Visit www.swimtsc.org for details.