Tinley FITNESS
8125 W 171st Street
Tinley Park, IL 60477
www.tinleyparkdistrict.org

POOL SCHEDULE

October-December 2026

Updated 9/25/26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim Water Walking 5:30am - 8:45am	Lap Swim Water Walking 5:30am - 8:15am	Lap Swim Water Walking 5:30am - 8:15am	Lap Swim Water Walking 5:30am - 8:15am	Lap Swim Water Walking 5:30am - 8:15am	Lap Swim Water Walking 7:00am - 8:45am
	8:30am Aqua Yoga	8:30am Water Workout	8:30am Water Workout	8:30am Morning H2O	Starfish Swim Babies/Tots 9:00 - 9:30am Group 9:45 - 10:25am
9:00am Aqua Blast	9:45am Aqua Power	Lap Swim Water Walking 9:30am - 5:20pm	Lap Swim Water Walking 9:30am - 6:30pm *Pool may be closed from 1:30pm - 3:30pm on Thursdays for Maintenance*	9:45am Aqua Fusion	
Lap Swim Water Walking 10:00am - 5:20pm *Two Lanes will be reserved for Private Lessons 4:00pm - 5:30pm*	Lap Swim Water Walking 10:45am - 9:45pm *Two Lanes will be reserved for Private Lessons 4:00-5:30pm*	*Two Lanes will be reserved for Private Lessons 4:00pm - 5:30pm*	*Two Lanes will be reserved for Private Lessons 4:00-5:30pm*	Lap Swim Water Walking 10:45am - 5:45pm Pool Rental 6pm-8:00/9pm	*Two Lanes will be reserved for Private Lessons 10:30am - 12:00pm* Lap Swim Water Walking 10:45am - 4:45pm Pool Rental 5pm-7:00/8pm
Starfish Swim Babies/Tots 5:30 - 6:40pm Group 6:50 - 7:35pm		Starfish Swim Babies/Tots 5:30 - 6:40pm Group 6:50 - 7:35pm			**SUNDAY**
Lap Swim Water Walking 7:45pm - 9:45pm		Lap Swim Water Walking 7:45pm - 9:45pm	6:45pm Aqua Zumba Lap Swim/WW 7:45 - 9:45pm	**Holiday Hours** Thanksgiving Day 7am-2pm Christmas Eve 7am-2pm Christmas Day Closed NYE 7am-2pm NYD 8am-1pm	Lap Swim Water Walking 7:00am- 3:45pm Aqua Boot Camp 10/4-25 & 11/1-22 9-10am Registration required, two lanes reserved. Pool Rental 2pm-4:00/5pm

Aquatic Reminders

- Bring a towel and shower prior to entering the pool.
- Join a lane with a member doing the same exercise as you. Water walkers join walkers; Lap swimmers join lap swimmers.
- Be courteous of other pool users, swim schedule, and always follow the direction of staff.
- Schedule is subject to change -

Make Friends, Share Lanes!

FITNESS CENTER HOURS

MAY 01 - SEP 30		OCT 01 - APR 30	
M-F	5:30am-9:00pm	M-F	5:30am-10:00pm
SAT	7:00am-5:00pm	SAT	7:00am-8:00pm
SUN	7:00am-4:00pm	SUN	7:00am-5:00pm

Updated Rules

- Members ages 13 – 15 must have a guardian over the age of 18 for supervision to swim during open lap hours or to participate in classes.
- Limit pool time to 60 minutes.
- For pool access/security you must enter and exit through designated men's or women's locker rooms. Locker rooms are open for swimmers, please limit your time.
- Saunas are open, please follow these general guidelines; no changing, limit time to 10 minutes, keep covered up, **do not pour water on the heating unit** and no more than 3 people at a time. Your membership can be revoked, if a violation occurs.
- The pool temperature is set at an industry standard that is acceptable for both lap swimmers and aqua aerobics participants.
- The pool is only available for lap swimming/water walking at the times indicated on the most current schedule. Lap swim/ water walking will not be available during classes, special events or rentals.
- Lap Swim may resume if maintenance or rental/event is not scheduled. Members must confirm with the desk/ pool staff prior to entering pool area during those scheduled times.
- During Private Lesson time there will be at least two lane lines open for members to access.
- Ramp and ladders are to be used only for access to the pool, not as an exercise area, keep these free and clear.
- Please use deck rinse shower before entering the pool.
- For Pool Rental or Swim Lesson information call the front desk, check the website or our brochure. Member access to the pool during Pool Rentals and Swim Lessons is prohibited. Check the Desk for Party Schedule/Times.
- Aqua classes will be held in the format indicated. If an instructor is unavailable, a substitute format may be offered. Classes are subject to min/max, instructor/location changes, and/or cancellation at manager's discretion.
- Aqua aerobics is first come first service. Class capacity cards **WILL ONLY be given out 30 minutes in advance of the class start time. Please DO NOT arrive any earlier or linger if you're only attending a class.**
- **Participants with a class capacity card will enter & exit through the locker room. Class cards will be collected prior to entry into the water at your designated class time. You will be asked to clear the water 5 minutes after the class ends.**

Aqua Aerobic Descriptions

Aqua Blast - *Multi-Level* - This high energy, uplifting class is an effective way to burn calories & build strength. Fun moves, drills & games will improve your cardio endurance, ending with buoys & noodles to strengthen & tone your body.
Aqua Fusion - *Multi-Level* - This class incorporates exercises from different workout styles including dance, Pilates and barre. A low impact, high energy workout that incorporates balance, endurance and mobility for a total body workout.
Aqua Power - *Multi-Level* - A fast-paced class with a mixture of power & strength exercises that combine aerobic conditioning with training. Plenty of lower body, upper body, cardio & core work guaranteed to improve muscular endurance & flexibility. Come join this invigorating workout.
Aqua Yoga - *Multi-Level* - Move vital energy through the body to calm the mind. Flowing movements direct the body through comfortable range of motion exercises to find balance & strength, aided by resistance of the water.

We appreciate your commitment to Tinley Fitness.

Pool Lane Usage

- Proper and courteous etiquette is expected. Be kind to each other.
- The pool is open for all Active Members to access. No denying other members access to use the pool. Only management has the right to reserve lanes.
- Please select your lane carefully - choose a lane with swimmers exercising at a similar pace as you; please do not just choose the lane with the fewest swimmers.
- If you are a water walker, you should share a lane with other walkers if a lane has already been established.
- No more than 6 water walkers in a lane at one time.
- Let other swimmers know when you enter the lane.
- Change lanes if you switch to a slower stroke.
- Please be prepared to switch lanes if the pool becomes busy or if speed does not match that of the other swimmers.
- If there are only two swimmers, line swimming is permitted. If a third swimmer enters a lane and wants to circle swim, all swimmers must circle swim. When circle swimming, swim counter clockwise (stay to the right).
- Slower swimmers should stay to the right and allow passing on the left. Refusing someone to pass will be considered inappropriate and dangerous.
- To lessen interference, we ask you to be mindful of your stroke or any equipment (kickboards, fins, pull buoys) being used.

Pool will be closed for at least one week for annual maintenance dates/times TBD.

Pool may be subject to closing at any time.

1 mile = 1760 yards/25 yard (length) = 70.4 lengths or 35.2 laps

www.tinleyparkdistrict.org
Questions? 708-342-4255

No access to the women's locker room Monday - Friday 12:00pm - 12:30pm due to cleaning.

Aqua Zumba - *Multi-Level* - Take the fun music & 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 & torch calories.
Morning H2O - *Multi-Level* - Instead of a morning Cup of Joe, wake up with an energizing workout in the H2O! Build cardiovascular endurance that lasts all day long! You'll never need morning caffeine again!
Water Workout - *Multi-Level* - This class provides cardiovascular benefits similar to land-based workouts without stress on the joints. Complements cross training or just plain "working out - for the health of it." You'll leave feeling motivated & invigorated!