

# 2018 Hale Summer Club

## Adult Daily Schedule

	Monday		Tuesday		Wednesday		Thursday		Friday		Tiny Turtles Caretaking		
6:00	Lap Swim		Lap Swim		Lap Swim		Lap Swim		Lap Swim		No Tiny Turtles Caretaking		
6:30						Trail Running with Cam		Hale Project with Lauren					
7:00													
7:30													
8:00													
8:30	Closed												
9:00													
9:30													
10:00			Yoga with Kathryn	Aqua Jogging with Lauren		Yoga with Kathryn				Tiny Turtles Caretaking			
10:30													
11:00			Total Body Workout with Sara			Total Body Workout with Sara							
11:30													
12:00	Enjoy your lunch in our picnic area with your kiddos!										Turtle Lunch Break		
12:30													
1:00	Nothing Scheduled as of now. But please enjoy lap swim or a run around the pond with our complementary Tiny Turtles Caretaking!										Tiny Turtles Caretaking		
1:30													
2:00	Zumba with Michelle			Zumba with Michelle									
2:30													
3:00	Aqua Aerobics with Leany	Aqua Aerobics with Leany		Aqua Aerobics with Leany		Aqua Aerobics with Leany				Tiny Turtles Caretaking			
3:30													
4:00			Total Body Workout with Sara	Walking Club around Noanet with Sara		Total Body Workout with Sara							
4:30													
5:00	Adult Sailing by appt only	Adult Sailing by appt only		Adult Sailing by appt only		Adult Sailing by appt only		Adult Sailing by appt only		TT Caretaking for Adult Sailing by appt only			
5:30													
6:00													
6:30													

Scheduled Activities run Monday - Friday  
June 25 - Aug 17

Updated 5/10/18

Activity	Description
Lap Swim	Enjoy our adult-only lap lane
Trail Running	Instructor will talk you through proper technique for trail running and will lead you on a run.
Hale Project	High-intensity interval training with cardio
Yoga	Flow and restore at Hale Summer Club. Class will meet at the Guard Shack and take place at the Scoop.
Aqua Jogging	Hate the way jogging on the road hurts your knees? This low impact jogging class will be a fun substitute!
Total Body Workout	An all levels strength training class that will help you build core awareness, better posture, and total body strength using body weight exercises and resistance bands. Bring water bottle and a towel.
Zumba	Enjoy a dance workout to get in your cardio!
Aqua Aerobics	Water aerobics class with noodles
Walking Club	Bond with other parents as you walk through some of Hale's 27 miles of trails
Adult Sailing	Sailing lesson with a boating instructor, by appointment only.