

HHF Pool Schedule January 7th - March 23rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am							
7am							
8am	Lap 6-9:15am		Lap 6-10am		Lap 6-10am	Lap 7:15-8am	Lap 7:15-9am
9am	Water Bootcamp 9:15-10:15am					Triathlon Water Bootcamp 8-8:55am	
10am		Lap 6am-1pm		Lap 6-2		Reserved 9-10am Adult/Child lesson	Mommy/Dad 9-9:30am
11am	Family Swim 10:30-12:30pm		Family Swim 10-12pm		Family Swim 10-12pm	Mommy/Dad 10-10:30am	Mommy/Dad 9:45-10:15am
12pm						Mommy/Dad 10:30-11am	6wk Child's Beginner 10:30-11:15am
1pm			Lap 12-3pm		Lap 12-3pm	Lap 11-1	6wk Child's Int/Adv 11:30am-12:15pm
2pm	Lap 12:30-4pm	Reserved for Cleaning				Family 1-3pm	6wk Child's Beg/Int 12:30-1:15pm
3pm			Family 3-5:30pm		Family 3-5pm		Family 1:30-4:30pm
4pm	Reserved 4-5:30pm Adult/Child lesson	6wk Child's Beginner 4-4:45pm		Family 2-6pm		Pool Rental Available 3-5pm	
5pm		Reserved 5-6pm lessons			Reserved 5-6pm Adult/Child lesson	OR Lap please call	Pool Rental Available 5-7pm
6pm	Family 5:30-7:30pm		Lap 5:30-7:30pm	Lap 6-9:45pm		Lap 5-7:45pm	OR Lap 4:30-7:45pm please call
7pm		Lap 6-9:45pm	Water Bootcamp 7:30-8:30pm		Lap 6-8:45pm		
8pm	6 wk Adult Beginner 7:30-8:15pm						
9pm	6 wk Adult Intermediate 8:15-9pm		Lap 8:30-9:45pm				
	Lap 9-9:45pm						

Private Lessons Available

= Adult Lesson

= Child Lesson

SWIM CLASSES

CHILDREN'S BEG/INT/ADV
MOMMY/DADDY AND ME
ADULT BEGINNER
ADULT INTERMEDIATE

Starts January 7th
REGISTRATION REQUIRED:
ALL ARE 6 WEEKS
W/ 1 MAKE UP AT END
\$110 MEMBERS
\$140 NON-MEMBERS

POOL RENTAL

Saturdays 3-5pm
Sundays 5-7pm

[Call for Details](#)

ADULT SWIM LESSONS

May take place during Lap
Swim in one lane during the following times:

Mon 8:30-9am/12:30-1pm/4-5:30pm
Tues 5-6pm
Wed 7-7:30pm
Thurs 6-7pm
Fri 5-6pm
Sat 9-10am

CHILD SWIM LESSONS

May take place in one lane during Family Swim as marked and during specially reserved times:

Mon 10:30am-12pm/4-5:30pm
Tues 5-6pm
Wed 4-5pm
Thurs 2-6pm
Fri 4-6pm
Sat 9-10am

All private lessons must be booked in advance and are subject to availability.

201.714.7600
HamiltonHealthFitness.com