

# POOL SCHEDULE March 17 - May 24 2017

	MON	TUES	WED	THURS	FRI	SAT	SUN
6am							
7am	Adult Lap 5:45am-4pm	Adult Lap 5:45am to 9:45pm	Adult Lap 5:45am to 4:00pm	Adult Lap 5:45am-1pm	Adult Lap 5:45-10:30am		
8am						Adult Lap 7:15-9am	Adult Lap 7:15-9am
9am							
10am				Adult Lap 5:45am-1pm		*Reserved Swim Lessons 9am-12:45pm	*Reserved Swim Lessons 9am-12:45pm
11am					Family Swim 10:30am- 12:30pm		
12pm							
1pm	Adult Lap 5:45am-4pm	Adult Lap 5:45am to 9:45pm	Adult Lap 5:45am to 4:00pm		Adult Lap 12:30pm to 3:30pm	Adult Lap 12:45-2pm	Adult Lap 12:45-2pm
2pm				Reserved for Cleaning 1-4pm			
3pm						Family Swim 2-4pm	Family Swim 2-5pm
4pm						Pool Rental and Assessments 4-6pm	
5pm	Reserved Adult/ Child Private Lessons 4-7:30pm		*Reserved Adult/ Child Group Lessons 4-6:30pm	Family Swim 4-6pm	Reserved Adult/ Child Private Lessons 3:30-7:30pm	Lap Swim If Avail.	
6pm							Adult Lap 5-7:45pm
7pm						Adult Lap 6-7:45pm	
8pm	WATER BOOTCAMP 7:35-8:30pm	Adult Lap 5:45am to 9:45pm	Adult Lap 6:30-9:45pm	Adult Lap 6-9:45pm			
9pm	Adult Lap 8:30-9:45pm				Adult lap 7:30-9:45pm		

### SWIM CLASSES

ALL CLASSES ARE 8 WEEKS  
WITH A MAKE-UP CLASS  
OFFERED IN WEEK 9

REGISTRATION  
REQUIRED  
30-MINUTE CLASSES

PARENT AND ME  
BEGINNER BASICS  
BEGINNER  
INTERMEDIATE  
ADVANCED

MEMBERS \$230  
NON MEMBERS \$280

### SWIM ASSESSMENTS

(REQUIRED FOR 1ST ENROLLMENT)

March 18 4-6PM  
March 25 4-6PM

**RESERVATION REQUIRED**

### POOL RENTAL (FOR PARTIES)

SATURDAYS 4-6PM  
CALL FOR DETAILS

RENTAL RATES

1.5 HOURS \$300  
2 HOURS \$350

\*INDICATES CHANGES  
FROM PREVIOUS SCHEDULE

FAMILY SWIM IS FOR CHILDREN  
ONLY, NO LAPS PLEASE.  
USE OF SAUNA IS ALSO ONLY  
FOR FAMILIES AT THIS TIME.  
THE REVERSE IS ALSO TRUE,  
NO CHILDREN ALLOWED IN THE POOL  
AREA DURING ADULT LAP SWIM.  
THANK YOU FOR FOLLOWING  
THIS POLICY.

201-714-7600

HAMILTONHEALTHFITNESS.COM

FOR PRIVATE AND GROUP SWIM LESSONS:

PLEASE CONTACT OUR SWIM COORDINATOR, GIGI, AT:

SWIM@HAMILTONHEALTHFITNESS.COM