

POOL SCHEDULE

March 9 - March 16 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 9:45pm	Adult Lap 5:45am-1pm	Adult Lap 5:45-10:30am		
8am						*Adult Lap 7:15-2pm	*Adult Lap 7:15-2pm
9am							
10am				Adult Lap 5:45am-1pm			
11am					Family Swim 10:30am- 12:30pm	*Adult Lap 7:15-2pm	*Adult Lap 7:15-12:00pm
12pm							Reserved 12:15-12:45
1pm	Adult Lap 5:45am-4pm	Adult Lap 5:45am to 9:45pm	*Adult Lap 5:45am to 9:45pm		Adult Lap 12:30pm to 3:30pm		*Adult Lap 12:45-2:00pm
2pm				Reserved for Cleaning 1-4pm		Family Swim 2-4pm	Family Swim 2-5pm
3pm							
4pm						Pool Rental and Assessments 4-6pm	
5pm	*Reserved Adult/ Child Private Lessons 4-7:00pm			Family Swim 4-6pm	*Reserved Adult/ Child Private Lessons 3:30-7:00pm	Lap Swim If Avail.	
6pm						Adult Lap 6-7:45pm	Adult Lap 5-7:45pm
7pm							
8pm	WATER BOOTCAMP 7:35-8:30pm	Adult Lap 5:45am to 9:45pm	*Adult Lap 5:45am to 9:45pm	Adult Lap 6-9:45pm			
9pm	Adult Lap 8:30-9:45pm				*Adult Lap 7:00-9:45pm		

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)

4-6PM

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