

POOL SCHEDULE March 17 - May 24 2017

	MON	TUES	WED	THURS	FRI	SAT	SUN
6am					Adult Lap 5:45-10:30am		
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			
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							
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	Pool Rental and Assessments 4-6pm	
6pm						Lap Swim If Avail.	
7pm						Adult Lap 6-7:45pm	Adult Lap 5-7:45pm
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 \$250
NON MEMBERS \$325

SWIM ASSESSMENTS
(REQUIRED FOR 1ST ENROLLMENT)

APRIL 8 4-6PM
APRIL 15 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