

POOL SCHEDULE September 8 - December 20 2017

	MON	TUES	WED	THURS	FRI	SAT	SUN
6am							
7am	Adult Lap 5:45-4:00pm	Adult Lap 5:45-9:45pm	Adult Lap 5:45-4:00pm	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	No Class 11/11, 11/24	No Class 11/12, 11/25
12pm							
1pm	Adult Lap 5:45-4:00pm	Adult Lap 5:45-9:45pm	Adult Lap 5:45-4:00pm		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 Private Swim Lessons 4-7:30pm		Reserved Child Group Lessons 4-6:30pm	Family Swim 4-6pm	Reserved Private Swim Lessons 3:30-7:30pm	Lap Swim If Avail.	
6pm			No class 11/15, 11/29			Adult Lap 6-7:45pm	Adult Lap 5-7:45pm
7pm							
8pm	WATER BOOTCAMP 7:35-8:30pm	Adult Lap 5:45-9:45pm	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)

~CALL FOR DATES~

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