

# POOL SCHEDULE June 20 - August 29 2017

	MON	TUES	WED	THURS	FRI	SAT	SUN
6am							
7am	*Adult Lap 5:45-9:30am	*Adult Lap 5:45-10:00am	*Adult Lap 5:45-9:30am	Adult Lap 5:45am-1pm	Adult Lap 5:45-10:30am		
8am						Adult Lap 7:15-9am	Adult Lap 7:15-9am
9am							
10am							
11am	*Reserved Swim Lessons 9:30-1:30pm (6/26-8/14)	*Reserved Lessons 10:00-11:30am (6/20-8/29)	*Reserved Swim Lessons 9:30-1:00pm (6/28-8/16)	Adult Lap 5:45am-1pm		*Reserved Swim Lessons 9am-12:45pm (6/3-8/5)	*Reserved Swim Lessons 9am-12:45pm (6/4-8/6)
12pm	(7/3 no class, and is adult lap)	*Reserved 11-12:30pm (8/29)	(7/5 no class, and is adult lap)				
1pm		*Reserved 12:00-1:30pm (6/27, 8/22)					
2pm					Adult Lap 12:30pm to 3:30pm	Adult Lap 12:45-2pm	Adult Lap 12:45-2pm
3pm	*Adult Lap 1:30-4pm		*Adult Lap 1:00-4pm	Reserved for Cleaning 1-4pm		Family Swim 2-4pm	Family Swim 2-5pm
4pm		*Adult Lap 1:30-9:45pm				Pool Rental and Assessments 4-6pm	
5pm	Reserved Private Swim Lessons 4-7:30pm		Reserved Child Group Lessons 4-6:30pm (6/7-8/9)		Reserved Private Swim Lessons 3:30-7:30pm	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 1:30-9:45pm	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)

JUNE 24 4-6PM  
JULY 8 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