

POOL SCHEDULE SEPT 7 - DEC 19 2018

	MON	TUES	WED	THURS	FRI	SAT	SUN
6am							
7am	Adult Lap 5:45-4:00pm	*Adult Lap 5:45-9:45pm	*Adult Lap 5:45-3:15pm	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 5:45-4:00pm	*Adult Lap 5:45-9:45pm	*Adult Lap 5:45-3:15pm		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			Reserved 3:30-4				
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	Pool Rental and Assessments 4-6pm	
6pm						Lap Swim If Avail.	Adult Lap 5-7:45pm
7pm						Adult Lap 6-7:45pm	
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