

# POOL SCHEDULE JUNE 25 - AUGUST 14 2019

	MON	TUES	WED	THURS	FRI	SAT	SUN
6am	Adult Lap 5:45-4:00pm	Adult Lap 5:45-4:30pm	Adult Lap 5:45-3:15pm	Adult Lap 5:45am-1pm	Adult Lap 5:45-10:30am		
7am						Adult Lap 7:15-9am	Adult Lap 7:15-9am
8am							
9am							
10am				Adult Lap 5:45am-1pm		Reserved Swim Lessons 9am-1:30pm	Reserved Swim Lessons 9am-1:30pm
11am					Family Swim 10:30am- 12:30pm		
12pm		*Reserved 10:30-1:30					
1pm	Adult Lap 5:45-4:00pm		Adult Lap 5:45-3:15pm				
2pm				Reserved for Cleaning 1-4pm	Adult Lap 12:30pm to 3:30pm	Adult Lap 1:30-2pm	Adult Lap 1:30-2pm
3pm			*Reserved 2-3:30			Family Swim 2-4pm	Family Swim 2-5pm
4pm						Pool Rental and Assessments 4-6pm	
5pm	Reserved Private Swim Lessons 4-7:30pm	Reserved Private Swim Lessons 4-6pm	Reserved Child Group Lessons 4-6:30pm	Family Swim 4-6pm	Reserved Private Swim Lessons 3:30-7:30pm	Lap Swim If Avail.	
6pm							Adult Lap 5-7:45pm
7pm			WATER BOOTCAMP 6:35-7:25pm w/Sarah			Adult Lap 6-7:45pm	
8pm	WATER BOOTCAMP 7:35-8:30pm w/Edward	Adult Lap 5:45-9:45pm		Adult Lap 6-9:45pm			
9pm	Adult Lap 8:30-9:45pm		Adult Lap 6:30-9:45pm		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](mailto:SWIM@HAMILTONHEALTHFITNESS.COM)