

POOL SCHEDULE JANUARY 6 - MARCH 29 2020

	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							
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						Family Swim 2-4pm	Family Swim 2-5pm
4pm			Reserved 3:30-4				
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	Pool Rental and Assessments 4-6pm	
6pm						Lap Swim If Avail.	
7pm			WATER BOOTCAMP 6:35-7:25pm w/Sarah			Adult Lap 6-7:45pm	Adult Lap 5-7:45pm
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 7:30-9:45pm		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)