

# CLINTON-AQUATICS-JANUARY

12/13/2018

**5 Lane Lap Pool**  
Length = 25 Yards; 72 Lengths (36 laps) = 1 Mile



## Hunterdon Healthcare

Health and Wellness Centers

### MONDAY

5:00-8:00 **ALL LANES OPEN**  
 8:00-9:00 \*\*\* **Deep H2O Volleyball**  
 9:00-10:00 \* **Aquatics /Alison (D, SH)**  
 10:00-4:00 \*\*\*\* **Swim Lessons**  
 4:00-6:00 \*\*\* **Child Group Lessons**  
 5:45-6:30 \*\*\* **Adult Group Lessons**  
 (only 1 lane available from 5:45-6:00pm)  
 6:30-7:30pm \*\* **Aquatics/Beth (SH)**  
 7:30-9:15 **ALL LANES OPEN**

### TUESDAY

5:00-9:00 **ALL LANES OPEN**  
 9:00-3:00pm \*\*\*\* **Swim Lessons**  
 9:00-10:00 **FMI /Karen**  
 10:00-11:00 **FMI /Karen**  
 3:00-7:30 \*\*\* **Swim Lessons**  
 7:30-9:15 **ALL LANES OPEN**

### WEDNESDAY

5:00-8:00 **ALL LANES OPEN**  
 8:00-9:00 \*\*\* **Deep H2O Volleyball**  
 9:00-10:00 \* **Aquatics/Eliana (D, SH)**  
 10:00-8:00 \*\*\* **Swim Lessons**  
 8:00-9:15 **ALL LANES OPEN**



Specialty Program (Additional Cost):  
FMI in Therapy Pool

### THURSDAY

5:00-9:00 **ALL LANES OPEN**  
 8:00-9:00am **Aqua Pilates / Karen/Kathy**  
 9:00-10:00 **FMI / Kathy**  
 10:00-11:00 **FMI / Kathy**  
 9:00-7:30pm \*\*\* **Swim Lessons**  
 7:30-9:15 **ALL LANES OPEN**

### FRIDAY

5:00-5:30 **ALL LANES OPEN**  
 5:30-6:30 \*\* **Master Swim Class/Megan**  
 6:30-8:00 **ALL LANES OPEN**  
 8:00-9:00 \*\*\* **Deep H2O Volleyball**  
 9:30-10:30 \* **Aquatics/Shelley (D,SH)**  
 11:00-11:45am \*\*\* **Adult Group Lessons**  
 11:45-3:30pm \*\*\*\* **Swim Lessons**  
 4:00-6:30 \*\*\* **Child Group Lessons**  
 6:30-8:45 **ALL LANES OPEN**

### SATURDAY

7:00-8:00am **ALL LANES OPEN**  
 8:00-9:30 \* **Child Group Lessons**  
 9:30-12:00 \*\* **Child Group Lessons**  
 12:00-5:45pm **ALL LANES OPEN**

### SUNDAY

8:00am-9:00am **ALL LANES OPEN**  
 9:00am-12:00 \*\*\*\* **Swim Lessons**  
 12:00-4:45pm **ALL LANES OPEN**



**Included Services:** Deep H2O (Aerobics & Volleyball), Shallow H2O (Aerobics)  
 95° Therapy Pool (Medical handrails and 6' deep section), 102° Hot Tub  
**Specialty Offerings:** Arthritis Program,  
 Children, Private, & Group Swimming Lessons  
 Contact The Front Desk For More Information

- ◆ **Swim caps required** in therapy and big pool.
- ◆ **All bathers required to shower off before entering any body of water.**
- ◆ The \* represents the **MINIMUM** number of lanes available at the time listed.
- ◆ **Lane Policy: 2 swimmers min per lane, max 4 swimmers per lane circle counterclockwise.**
- ◆ Due to the number of participants in classes or swim lessons, lane availability may change.