

# CLINTON - AQUATICS - DEC

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



**Hunterdon Healthcare**  
 Health and Wellness Centers

**MONDAY**

5:00-8:00 \*\*\*\*\* Swim Lessons  
 8:00-9:00 \*\*\* Deep H20 Volleyball  
 9:00 -10:00 \* Aquatics /Alison (D, SH)  
 10:00-4:00 \*\*\*\*\* Swim Lessons  
 4:00-6:00 \*\*\* Child Group Lessons  
 6:30-7:30pm \*\* Aquatics/Nancy (SH)  
 8:30 -9:15 **ALL LANES OPEN**

**TUESDAY**

5:00-8:30 am \*\*\*\*\* Swim Lessons  
 9:00 -10:00 **FMI /Karen**  
 10:00-11:00 **FMI /Karen**  
 9:00 - 3:00pm \*\*\*\*\* Swim Lessons  
 3:00-7:30 \*\*\* Swim Lessons  
 7:30-9:15 **ALL LANES OPEN**

**WEDNESDAY**

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



**Specialty Program (Additional Cost):**  
 FMI in Therapy Pool

**THURSDAY**

5:00-9:00am \*\*\*\*\* Swim Lessons  
 8:00-9:00am Aqua Pilates / Rotation  
 9:00 -10:00 **FMI/Susan**  
 10:00-11:00 **FMI/Susan**  
 9:00-7:30pm \*\*\* Swim Lessons  
 6:30-9:15 **ALL LANES OPEN**

**FRIDAY**

5:00-8:00am \*\*\*\*\* Swim Lessons  
 5:30-6:30 \*\* Master Swim Class/Megan  
 8:00-9:00 \*\*\* Deep H2O Volleyball  
 9:00-10:00 \* Aquatics/Shelley (D,SH)  
 10:00-3:30pm \*\*\*\*\* 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.