

CLINTON-AQUATICS-OCTOBER

9/21/2018

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/Nancy (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.