

# CLINTON - AQUATICS - AUG

7/17/2017

**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 H2OVolleyball  
9:00 -10:00 \* Aquatics / Kristen (D, SH)  
10:00-4:00 \*\*\*\*\* Swim Lessons  
4:00-6:00 \*\*\* Child Group Lessons  
6:30-7:30pm \*\* Aquatics/Nancy (SH)  
7:30 -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  
7:00-8:00 \*\* **Master Swim Class**  
8:00-9:15 **ALL LANES OPEN**

## WEDNESDAY

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

## THURSDAY

5:00-9:00am \*\*\*\*\* Swim Lessons  
8:00-9:00am Aqua Pilates / Karen/Eileen  
9:00 -10:00 **FMI/Eileen**  
10:00-11:00 **FMI/Eileen**  
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**  
8:00-9:00 \*\*\* Deep H2OVolleyball  
9:00-10:00 \* Aquatics/Elaine (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*

Specialty Program (Additional Cost):  
FMI in Therapy Pool

- ◆ **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.