

CLINTON - AQUATICS - OCT

9/20/2017

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 / Rotation (D, SH)
10:00-4:00 **** Swim Lessons
4:00-6:00 *** Child Group Lessons
6:30-7:30pm ** Aquatics/Nancy (SH)
7:30-8:30 ** Master Swim Class/Jalil
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 / Karen/Elaine
9:00 -10:00 **FMI/Elaine**
10:00-11:00 **FMI/Elaine**
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 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*

- ◆ **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.