

Lap Swim Schedule

Fall 2014
Sept 2nd – Nov. 9th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING						
5:15-9:15 All Lanes Lap	5:15-9:00 All Lanes Lap	5:15-9:45 All Lanes Lap	5:15-9:30 All Lanes Lap	5:15-9:15 All Lanes Lap	7:00-8:00 All Lanes Lap	7:00-8:00 All Lanes Lap
10:45-11:45 2 Lanes Lap	10:00-11:30 2 Lanes Lap	10:45-11:45 3 Lanes Lap	10:30-12:30 1 Lane Lap	10:15-11:15 2 Lanes Lap	8:00 -9:00 3 Lanes Lap	8:00-9:00 3 Lanes Lap
	11:30-12:30 All Lanes Lap		11:30-12:30 Jump & Swim	11:15-12:00 4 Lanes Lap		
AFTERNOON						
12:15-1:00 All Lanes Lap	12:30-1:30 2 Lanes Lap	11:45-1:00 All Lanes Lap	12:30-1:30 All Lanes Lap	12:00-1:00 All Lanes Lap	12:00-12:30 2 Lanes Lap	12:00-1:00 All Lanes Lap
1:00-2:00 3 Lanes Lap	1:30-2:30 Jump & Swim	1:00-2:00 3 Lanes Lap	1:30-2:30 2 Lanes Lap	1:00-2:00 Jump & Swim	12:30-1:30 All Lanes Lap	1:00-2:00 3 Lanes Lap
2:00-3:00 Senior Swim	2:30-3:30 All Lanes Lap	2:00-3:00 Senior Swim	2:30-3:15 4 Lanes Lap	1:00-2:00 3 Lanes Lap	1:30-3:30 2 lanes lap	2:00-3:00 Rec Swim
				2:00-3:00 Senior Swim	1:30-3:30 Rec Swim	
EVENING						
6:00-8:00 4 Lanes Lap	6:00-9:00 4 Lanes Lap	6:00-7:00 4 Lanes Lap	6:00-6:30 3 Lanes Lap	6:00-6:15 2 Lanes Lap		
8:00-9:45 All Lanes Lap	9:00-9:45 All Lanes Lap	7:00-9:00 3 Lanes Lap	6:30-7:00 4 Lanes Lap	6:15-7:15 All Lanes Lap		4:00-5:00 2 Lanes Lap
		9:00-9:45 All Lanes Lap	7:00-9:45 All Lanes Lap	7:15-9:45 Rec Swim		5:00-6:15 Rec Swim
				8:15-9:45 3 Lanes Lap/ Rec Swim		

**LAP SWIM SCHEDULE DESCRIPTIONS
FREE FOR TOTAL FACILITY MEMBERS**

LAP SWIM

Enjoy time in our beautiful 5 lane, 25 yard pool! We offer many hours of lap swim throughout the day and evening. Free for Total Facility Members.

LAP SWIM RULES

- Lifeguards are responsible for organizing and pacing of lap lanes.
- Lap swim is permitted for members 12 years and older, who are able to continuously swim a minimum of 8 laps.
- Circle swim is required when there are 3 or more patrons in a lane.

Total Facility Fees

Enjoy full use of the Fitness Center and pool and participate in all adult fitness, aquatic and dance classes. Baby sitting is free and available for TF members.

	Monthly	Annual
ADULT	\$65	\$765
HOUSEHOLD	\$92	\$1,085
SENIORS	\$55	\$645
SR. HOUSEHOLD	\$75	\$895

JUMP IN AND SWIM

Tuesday 1:30; Thursday 11:30; Friday 1:00

Bring your kids, Infants – 6yrs., to enjoy play time with you in the pool.

Children must be accompanied by an adult in the water.

Have fun with toys, balls, music and more!

\$5.00 daily pass per child

RECREATIONAL SWIM

Friday 7:15; Saturday 1:30; Sunday 2:00 & 5:00

The entire family can enjoy swimming in our pool with toys, noodles, balls and more. Non-swimmers and children under 10 must be accompanied by an adult.

Recreational Swim is free for Total Facility members or \$20 family pass for non-members

*Infants and toddlers must wear two swim diapers:
a non-disposable swim diaper with gathered legs and waist
(available at Front Desk) over a disposable swim diaper.*

Birthday Parties at The Connection!

To book a party, please inquire at the Front Desk.