



The Connection
for women & families

79 Maple Street
Summit, NJ 908-273-4242
www.theconnectiononline.org

Adult Swimming Programs

Spring 2014
April 7th – June 22nd

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING						
9:15-10:15 Aqua-Intervals (Amy)	9:00-10:00 Aqua-Fit (Juli)	9:15-10:15 Power Hour (Andréa)	9:15-10:15 Aqua Boot Camp (Kathryn)	9:15-10:15 Total Body Toning (Shannon)	8:00-9:00 Adult Beginner R (Deana)	8:00-9:00 Adult Intermediate R (Deana)
10:15-11:15 Adult Beginner R (Robbie)	10:00-11:00 Gentle Aerobics R (Juli)		10:15-11:15 Adult Intermediate R (Andréa)	10:15-11:15 Gentle Aerobics R (Shannon)		
11:15-12:15 Adult Intermediate R (Robbie)	11:00-12:00 Jump n Swim		11:15-12:15 Adult Beginner R (Andréa)			
			11:45-12:45 Jump n Swim			
AFTERNOON						
1:00-2:30 Jump n Swim	2:00-3:00 Gentle Aerobics R (Sara)	1:30-2:30 Jump n Swim	2:00-3:00 Gentle Aerobics R (Sara)	1:00-2:00 Jump n Swim	1:00-2:00 Adapted Aquatics	1:00-2:30 Adapted Aquatics
2:30-3:30 Senior Swim		2:30-3:30 Senior Swim	4:00-5:00 Pre Team 2 R	2:00-3:00 Senior Swim	2:00-4:45 Rec. Swim	2:00-3:00 Rec. Swim
3:45-4:45 Pre Team 1 R		4:30-5:30 Pre Team 1			3:00-4:00 Pool Party	3:00-4:00 Pool Party
EVENING						
7:15-8:15 Pre Team 2-3 R	7:00-8:00 Adult Beginner R (Phil)	7:15-8:15 Aqua Boot Camp (Kathryn)	6:00-7:00 Pre Team 3 R	4:15-5:15 Pre Team 1		4:00-5:00 Pre Team 1
7:30-8:30 Deep Water Fitness (Sara)	8:00-9:00 Adult Intermediate R (Phil)			5:15-6:15 Pre Team 2		5:00-6:00 Pre Team 2-3 R
				7:15-9:45 Rec. Swim		5:30-6:15 Rec. Swim

**R = Registration is required for this class.
DUE TO SPECIAL ACTIVITIES, SCHEDULE IS SUBJECT TO CHANGE. ALL CLASSES WILL BE PRO-RATED.**

SWIMMING CLASSES FOR ADULTS FREE FOR TOTAL FACILITY MEMBERS

Our pool is a great place for adults to enjoy exercise or begin a learn-to-swim program. We offer a variety of water exercise classes that are, suitable for all swimming levels and even non-swimmers! Our adult learn-to-swim program starts with water adjustment and basic swimming skills and progresses to the advanced fitness swimmer. All classes are taught by experienced and certified professionals.

LAP SWIM

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

ADULT LEARN TO SWIM & COMPETITIVE CLASSES

**Registration required for ALL Adult Learn to swim classes*

Adult Beginner M 10:15a, Tu 7p, Th 11:15a, Sat 8a,
Water adjustment and basic skills. Learn crawl stroke with breathing technique, backstroke and gradual intro to deep water (including jumping).

Adult Intermediate M 11:15a, Tu 8p, Th 10:15a, Sun 8a
Must be able to swim 4 lengths of the pool. Improve form and breathing technique. Intro to breaststroke and standing dives. Average 20-30 laps per class.

JUMP IN AND SWIM

Mon 1:00; Tues. 11:00; Wed. 1:30; Thur. 11:45; Fri 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

Fri. 7:15; Sat. 2:00; Sun. 2:00 & 5:30
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.***

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

WATER EXERCISE CLASSES

**Registration required for ALL Gentle Aerobics classes*

Aqua Boot Camp (Advanced) W 7:15p; Th 9:15a
Step up your routine with this athletic style workout, where participants work at high levels of intensity. General movements such as high knee and hamstring jogging, kicks, jumping jacks, cross-country skiing, and squats are used at various tempos and intervals of resistance.

Aqua-Fit (Intermediate) Tu 9a
This shallow water class uses exercises tailored to different body parts and incorporates equipment to increase intensity and resistance, followed by a powerful ab routine that will keep your heart rate pumping.

Aqua-Intervals (Intermediate) M 9:15a;
Begin in the shallow water with a brief warm up and stretching then progress into intervals of cardio and strength training traveling your way to the deep water for a workout that will energize your body.

Power Hour (Advanced) W 915a
45 minutes of powerful high energy cardio exercise in the shallow water including an intense ab/core workout, and ending with a yoga inspired cool down.

Deep Water Fitness (Intermediate) M 730p
A total body workout beginning with a brisk stretch and warm-up, the duration of the class will consist of calisthenics and strength training finishing with a refreshing cool down.

Gentle Aerobics (Beginner) Tu 10a, 2p; Th 2p; F 1015a
Come enjoy this water exercise class that supports joints while encouraging free movement and act as resistance to help build muscle strength. Ideal for someone who is developing or has muscle concerns and needs to be mindful of stress put on joints.

Total Body Toning (Intermediate) F 915a
Focus on toning your entire body and get your heart rate moving with this fast paced deep water cardio and core strengthening workout.

SENIOR SWIM Mon. & Wed. 230-330p, and Fri. 2-3 p
Reserved pool time for seniors and physically challenged members of The Connection.



Birthday Parties at The Connection!
To book a party, please inquire at the Front Desk.