

# Lap Swim Schedule

**WINTER 2015**  
January 26<sup>th</sup> - April 12<sup>th</sup>

79 Maple Street  
Summit, NJ 908-273-4242  
[www.theconnectiononline.org](http://www.theconnectiononline.org)

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

Due to special scheduled activities, the Lap Swim Schedule is subject to change.  
Please check the Aquatic Information Board regularly for notices posted regarding Lap 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.

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

**JUMP IN AND SWIM**

Tuesday 1:30; Wednesday 10:45; 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.**