



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

## ADULT SWIM SCHEDULE (Lap, Aerobic, Learn to Swim, & Family Swim)

# WINTER 2016

Feb. 1<sup>st</sup> – April 3<sup>rd</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
All Lanes Lap 5:15-9:30	All Lanes Lap 5:15-8:30	All Lanes Lap 5:15-9:30	All Lanes Lap 5:15-9:30	All Lanes Lap 5:15-9:00		
Aqua Intervals (Amy) 9:30-10:30	Aqua Zumba (Paula) 8:30-9:30	Aqua Boot Camp (Kathryn) 9:30-10:30	Let the Music Move You (Cheryl) 9:30-10:30	Total Body Toning (Shannon) 9:00-10:00	All Lanes Lap 7:00-8:00	All Lanes Lap 7:00-8:00
Lap Lanes 3,4,5 10:30-11:30	Lap Lanes 3,4,5 9:30-11:00	Adult Intermediate® (Raki) 10:30-11:30	Adult Beginner® (Kim H.) & Lap Lanes 2,3 10:30-11:30	Lap Lanes 3,4 10:00-11:00	Adult Beginner® (Joe) & Lap Lanes 3,4,5 8:00-9:00	Adult Intermediate® (Kim H.) & Lap Lanes 3,4,5 8:00-9:00
All Lap Lanes 11:30-12:30	Lap Lanes 2,3,4,5 11:00-12:00	Lap Lanes 1,2,3,4 10:30-12:00	Lap Lanes 2,3,4,5 11:30-12:00	All Lanes Lap 11:00-12:30		
Aqua Mix-Up® (Juli) & Lap Lanes 3,4,5 12:30-1:30	All Lanes Lap 12:00-12:30	All Lanes Lap 12:00-1:00	All Lanes Lap 12:00-1:00	Prepare, Sustain, Recover® (Shannon) & Lap Lanes 3,4,5 12:30-1:30	All Lanes Lap 1:00-2:00	All Lanes Lap 12:00-1:30
Lap Lanes 3,4,5 1:30-2:30	Aqua S.P.A.® (Joan) & Lap Lanes 4,5 12:30-1:30	Lap Lanes 2,3,4,5 1:00-2:30	Lap Lanes 3,4,5 1:00-2:00	All Lanes Lap 1:30-2:30	Lap Lanes 1,2,3,4 2:00-2:30	Lap Lanes 3,4,5 1:30-2:00
Senior Swim 2:30-3:30	Total Body Toning® (Joan) & Lap Lanes 4,5 1:30-2:30	Senior Swim 2:30-3:30	Lap Lanes 2,3,4,5 2:00-3:30	Senior Swim 2:30-3:30	Rec Swim & Lap Lanes 3,4 2:30-3:30	Rec Swim 2:00-3:30
	Lap Lanes 1,3,4,5 2:30-3:30				Pool Party 3:30-4:45	Pool Party 3:30-4:45
All Lanes Lap 6:30-7:30	Lap Lanes 1,2 6:00-6:30	Lap Lanes 1,2 6:00-6:30	Lap Lanes 1,2,3 6:00-6:30	Lap Lanes 4,5 5:30-6:30	<p><b>SCHEDULE IS SUBJECT TO CHANGE, DUE TO SPECIAL ACTIVITIES AND EVENTS.</b></p> <p><b>PLEASE CHECK AQUATIC BOARD REGULARLY FOR UPDATES &amp; CHANGES.</b></p> <p>Registration is required for all classes listed with ®.</p>	
Adult Beginner® (Bob C.) & Lap Lanes 1,2,3 7:30-8:30	All Lanes Lap 6:30-7:30	All Lanes Lap 6:30-7:30	All Lanes Lap 6:30-7:30	Lanes Lap 1,2,3,4 6:30-7:00		
All Lanes Lap 8:30-9:45	Adult Intermediate® (Jeffrey) & Lap Lanes 1,2,3,4 7:30-8:30	H2O Fitness (Andrea) & Lap Lanes 3,4,5 7:30-8:30	Aqua Intervals (Kathryn) & Lap Lanes 3,4,5 7:30-8:30	Rec. Swim & Lap Lanes 3,4,5 7:00-9:45		
	All Lanes Lap 8:30-9:45	Adult Beginner® (Jeffrey) & Lap Lanes 3,4,5 8:30-9:30	Adult Intermediate® (Jeffrey) & Lap Lanes 1,2,3,4 8:30-9:30			
		All Lanes Lap 9:30-9:45	All Lanes Lap 9:30-9:45			

## SWIMMING CLASSES FOR ADULTS FREE FOR TOTAL FACILITY MEMBERS

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

### LAP SWIM

Rules & Expectations:

- Membership card must be presented to lifeguard when entering the pool.
- See front side of schedule for lane availability each day.
- Members interested in exercising as well as non-swimmers looking to practice are welcome to attend lap swim when lane 1 is listed as available. This also includes when All Lanes Lap is listed.
- Lap swimmers must be 10yrs+ and able to swim 8 consecutive laps
- A lap lane can be shared with up to 5 lap swimmers. Once 3 members have entered a lane circle swimming is required.

### SENIOR SWIM

Mon, Wed., & Fri. 2:30p

One hour of pool time is reserved for senior and physically challenged members of The Connection. Senior membership dues card must be present to lifeguard when entering the pool.

### ADULT LEARN TO SWIM & COMPETITIVE CLASSES

**Adult Beginner**® M 7:30p; W 8:30p; Th. 10:30a; Sat 8a

Water adjustment and basic skills. Learn crawl stroke with breathing technique, backstroke and gradual intro to deep water (including jumping).

**Adult Intermediate**® Tu. 7:30p; W 10:30a; Th. 8:30p; 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.

### RECREATIONAL SWIM

Fri. 7p; Sat. 2:30p; Sun. 2:00p

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 not toilet trained 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

Registration is required for all classes list with ®.

### WATER EXERCISE CLASSES

**Beginner Water Exercise Programs:**

**Aqua S.P.A. (Special Population Aerobics)**® Tu 12:30p

An aquatic exercise program designed specifically for people with arthritis, osteoporosis, and related health concerns. This program uses gentle activities to help increase joint flexibility and range of motion, to maintain muscle strength, and to increase stamina.

**Prepare, Sustain, and Recover**® F 12:30p

This class includes gentle movements and exercises that will improve mobility, strength, breathing, and relaxation. Appropriate for those looking to prepare for surgery, just returning to physical activity, wanting to reduce pain, and/or improve overall day to day life.

**Aqua Mix-up**® M 12:30p

This class is specifically designed to work your entire body, in both the shallow and deep water, regardless of your physical ability level. Instructor will provide a ramped up workout for those looking for high energy aerobics and make appropriate modifications for those who want a more moderate workout.

**Intermediate Water Exercise Programs:**

**H2O Fitness** W 7:30p

A high energy cardio class that uses exercises specifically tailored to work different body parts with equipment incorporated to increase intensity and resistance. This class finishes with a powerful ab routine that will keep your heart rate pumping.

**Total Body Toning** Tu 1:30p®; Fri 9a

Focus, engage, and tone every muscle in your body through the use of water resistance in both the shallow and deep water. This class promises to have your heart rate moving with a combination of fast paced cardio and core strengthening exercises.

**Aqua Zumba** T 8:30a

Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

**Advanced Water Exercise Programs:**

**Aqua Boot Camp** W 9:30a

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.

**Let the Music Move You** Th 9:30a

An invigorating workout were aqua meets dance. We will make you sweat while having fun at the same time! It combines a variety of workout styles including deep and shallow cardio exercises, equipment and fun DANCE moves used for muscle toning!

**Aqua Intervals** M 9:30a, Th 7:30p

Warm up, stretch, and get your body moving as you quickly progress into intervals of cardio and strength training exercises in the shallow water. Then make your way to the deep water where your workout continues and gets your body energized for the day.