



79 Maple Street
Summit, NJ 908-273-4242

CLOSED JULY 4TH

www.TheConnectionOnline.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	5:30 – 9 Lap Swim					7-10 Lap Swim	
	9-10 Power Hour	9-10 Water Wogging	9-10 Power Hour	9-10 Cardio Cardio	9-10 Power Hour		
Afternoon	12-1 Lap/ Senior Swim	12-1 Lap/ Senior Swim	12-1 Lap/ Senior Swim	12-1 Lap/ Senior Swim	12-1 Lap/ Senior Swim	12-4 Lap/Rec. Swim	
						4-4:45 Rec. Swim	
Evening	5:45-8:45 Lap Swim 3 lanes						
	5:45-7:00 Rec. Swim Aquatic Activities 2 lanes		5:45-7:00 Rec. Swim Aquatic Activities 2 lanes		5:45-8:45 Rec. Swim Aquatic Activities 2 lanes		
	7-8 Power Hour	7-8 Adult Beg. R	7-8 Cardio Cardio	7-8 Adult Int. R			
							Pool is available only during times listed on schedule.

CLASSES ARE FREE FOR TOTAL FACILITY MEMBERS
R – These classes require registration

RECREATIONAL SWIM

Mon. 5:45p; Weds. 5:45p; Fri. 5:45 p; Sat. & Sun. 12p, 4p

Enjoy family time swimming in the pool. Parents must accompany children in the pool. U.S. Coast Guard-approved life jackets are THE ONLY FLOTATION DEVICES permitted. Children without a parent must be at least 10 years of age.

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.

Recreational Swim is free for Total Facility members or \$15 family pass for non-members is available at the Front Desk.

LAP/SENIOR SWIM

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

Senior Swim is reserved pool time for seniors and physically challenged members of The Connection.

Adult Beginners Tu. 7p

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

Adult Intermediate Th. 7p

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.

*Cardio, Cardio, Cardio Weds. 7p; Th. 9a

Burn calories with an energetic mix of exercises to strengthen and stretch muscles while traveling the length of the pool. Class includes warm-ups & cool downs with a focus on balance and core challenges.

*Power Hour Mon. 9a, 7p; Weds. 9a; Fri. 9a

Intense cardiovascular training, stamina and muscle tone development, incorporating low/high-impact aerobics for overall body conditioning.

*Water Wogging Tues. 9a

Travel the length of the pool and experience aerobic combinations that will aid postural alignment and stability, core conditioning and increase stamina and endurance.

** All water exercise classes include the use of equipment like barbells, noodles, gloves and stretch bands to enhance overall body conditioning. Non-swimmers are welcome as equipment provides comfort during deepwater exercises.*

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	\$50	\$588.
HOUSEHOLD	\$71	\$840.
SENIORS	\$44	\$515.
SR. HOUSEHOLD	\$61	\$720.