



79 Maple Street
Summit, NJ 908-273-4242

Water Exercise, Adult Lesson & Lap Swim Schedule

SUMMER 2019
Aug 29th – Sept 1st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING						
			5:15-8:15 All Lanes Lap	5:15-8:15 All Lanes Lap	7:00-9:00 All Lanes Lap	7:00-10:00 All Lanes Lap
			8:15-9:10 Aqua Zumba (Paula)	8:15-9:10 Prepare, Sustain, Recover (Kathryn)	9:00-12:00 Lap Lanes 3,4,5 /Rec Swim	10:00-12:00 Lap Lanes 3,4,5 /Rec Swim
			9:15-12:15 All Lanes Lap	9:15-12:15 All Lanes Lap		
AFTERNOON						
			12:15-1:10 Lap Swim 3,4,5 / Senior Aqua-cise (Kathryn)	12:15-1:10 Lap Swim 4, 5 / Senior Lap Swim 1,2,3	12:00-2:00 All Lanes Lap	12:00-3:30 All Lanes Lap
			1:15-5:45 All Lanes Lap	1:15-5:45 All Lanes Lap	2:00-4:45 Lap Lanes 4,5 / Rec. Swim	3:30-4:45 Rec Swim
EVENING						
			5:45-7:00 All Lanes Lap	5:45-6:45 All Lanes Lap	<p>Due to special scheduled activities, the Lap Swim Schedule is subject to change.</p> <p>Please check the Aquatic Information Board regularly for notices regarding Lap Swim.</p>	
			7:00-8:30 Lap Lanes 3,4,5 / Rec Swim	6:45-9:45 Lap Lanes 3,4,5 / Rec Swim		
			8:30-9:45 Lap Lanes 3,4,5 / Rec Swim			

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

Lap Swim Only Fri. 12:15

55 minutes pool time is reserved in lane 1,2,& 3 for seniors and physically challenged members of The Connection looking to swim laps.

Senior Aqua-cise Thurs 12:15

55 minutes pool time is reserved for seniors and physically challenged members of The Connection looking exercise in the water. They can follow along with an instructor or work out on their own.

RECREATIONAL SWIM

Th 7p; F 6:45p; Sa 9a, 2p; Su 10a, 3:30p

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.

Beginner Water Exercise Programs:

Prepare, Sustain, and Recover Fri 8:15a

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.

Senior Aqua-cise Th 12:15p

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.

Advanced Water Exercise Programs:

Aqua Zumba Th 8:15a

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

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 ²
ADULT	\$69	\$808
HOUSEHOLD	\$98	\$1,151
SENIORS	\$57	\$664
SR. HOUSEHOLD	\$79	\$923
Teen	\$34	\$387

Registration is required for all classes list with ®.