



79 Maple Street
Summit, NJ 908-273-4242

Water Exercise, Adult Lesson & Lap Swim Schedule

SUMMER 2019
August 19th – August 25th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING						
5:15-8:15 All Lanes Lap	5:15-8:15 All Lanes Lap	5:15-8:15 All Lanes Lap	5:15-8:15 All Lanes Lap	5:15-8:15 All Lanes Lap	7:00-8:15 All Lanes Lap	7:00-10:00 All Lanes Lap
8:15-9:10 Aqua HIIT (Marta)	8:15-9:10 Aqua Boot Camp (Elana)	8:15-9:10 Aqua Mix-up (Elana)	8:15-9:10 Aqua Zumba (Paula)	8:15-9:10 Prepare, Sustain, Recover (Kathryn)	8:15-9:00 Adult Intermediate® (Nai & Felicia)	10:00-12:00 Lap Lanes 3,4 /Rec Swim
11:15-12:15 All Lanes Lap	11:15-12:15 All Lanes Lap	11:15-12:15 All Lanes Lap	11:15-12:15 All Lanes Lap	11:15-12:15 All Lanes Lap	8:15-12:00 Lap Lanes 3,4,5	
					9:00-10:00 Adult Beginner® (Nai)	
					10:00-12:00 Rec Swim	
AFTERNOON						
12:15-1:10 Lap Swim 4, 5 / Senior Lap Swim 1,2,3	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	12:15-1:10 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
2:45-4:30 All Lanes Lap	2:45-4:30 All Lanes Lap	2:45-4:30 All Lanes Lap	2:45-4:30 All Lanes Lap	2:45-4:30 All Lanes Lap	2:00-4:45 Lap Lanes 4,5 / Rec. Swim	3:30-4:45 Rec Swim
4:30-5:45 Lap Lanes 1,2,3,5	4:30-5:45 Lap Lanes 1,2,3,5	4:30-5:45 Lap Lanes 1,2,3,5	4:30-5:45 Lap Lanes 1,2,3,5	4:30-5:45 Lap Lanes 1,2,3,5		
EVENING						
5:45-6:45 Lap Lanes 1,2,3	5:45-7:00 Lap Lanes 1,2,3	5:45-6:45 Lap Lanes 1,2,3	5:45-7:00 Lap Lanes 1,2,3	5:45-6:45 Lap Lanes 1,2,3	<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>	
6:45-7:45 Lap Lanes 3,4,5 / Aqua Intervals (Marta)	7:00-7:45 Lap Lanes 3,4,5 / Adult Advanced® (Nai)	6:45-7:45 Lap Lanes 3,4,5 / H2O Fitness (Marta)	7:00-7:45 Lap Lanes 3,4,5 / Adult Intermediate® (Nai)	6:45-9:45 Lap Lanes 3,4,5 / Rec Swim		
7:45-8:45 Lap Lanes 3,4,5 / Adult Beginner® (Marta)	7:45-8:30 Lap Lanes 3,4,5 / Adult Intermediate® (Nai)	7:45-8:45 Lap Lanes 3,4,5 / Adult Beginner® (Marta)	7:45-8:30 Lap Lanes 3,4,5 / Adult Advanced® (Nai)			
8:45-9:45 All Lanes Lap	8:30-9:45 Lap Lanes 3,4,5 / Rec Swim	8:45-9:45 All Lanes Lap	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 Mon., Wed., & 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 Tues & 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.

ADULT LEARN TO SWIM & COMPETITIVE CLASSES

Adult Beginner® M 7:45p; W 7:45p; Sat 9a

Water adjustment and basic skills. Learn floating, freestyle with breathing technique, backstroke, and introduction to deep water treading and jumping.

Adult Intermediate® Tues 7:45p; Th 7p; Sat 8:15a

Must be able to tread water and swim 1 length of the pool with freestyle and back stroke. This class will help improve on form and breathing technique as well as learning breaststroke and diving.

Adult Advanced® Tues 7p; Th 7:45p

Must be able to swim 4 lengths of the pool with freestyle and backstroke and 2 laps of breast stroke. This class will improve on distance and endurance while refining technique as well as learning butterfly.

RECREATIONAL SWIM

Tu 8:30p; Th 8:30p; F 6:45p; Sa 10:30a, 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:

Aqua Mix-up Wed. 8:15a

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.

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 Tu & 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.

Intermediate Water Exercise Programs:

H2O Fitness Wed. 6:45p

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.

Aqua HIIT (High Intensity interval Training) Mon. 8:15a

This primarily deep-water class is designed to challenge you and work all your muscles, including your heart, with a section devoted to Aqua HIIT (High Interval Intensity Training).

Aqua HIIT offers all the benefits of land-based HIIT (cardiovascular strengthening and higher calorie burn) without the strain on the joints.

Advanced Water Exercise Programs:

Aqua Boot Camp Tue. 8:15a

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 Intervals Mon. 6:45p

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.

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	Annual2
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 ®.