



79 Maple Street
Summit, NJ 908-273-4242

Adult Lap Swim Schedule

Thanksgiving 2022
Nov. 24 – 27

Thurs. 11/24	Fri. 11/25	Sat. 11/26	Sun. 11/27
CLOSED	7:00-8:00 All Lanes Lap 8:10-9:00 All Lanes Lap 9:10-10:00 All Lanes Lap 10:10-11:00 Water Exercise (on your own) 11:30-12:20 All Lanes Lap	7:00-8:00 All Lanes Lap 8:10-9:00 All Lanes Lap 9:10-10:00 All Lanes Lap 10:10-11:00 All Lanes Lap 11:10-12:00 All Lanes Lap	7:10-8:00 All Lanes Lap 8:10-9:00 All Lanes Lap 9:10-10:00 All Lanes Lap 10:10-11:00 All Lanes Lap 11:10-12:00 Recreational Swim
	12:30-1:20 All Lanes Lap 1:30-2:20 All Lanes Lap 2:30-3:20 Senior Swim 3:30-4:20 All Lanes Lap 4:30-5:20 All Lanes Lap 5:30-6:20 All Lanes Lap 6:30-7:20 All Lanes Lap 7:30-8:20 All Lanes Lap	12:10-1:00 All Lanes Lap	

Due to special scheduled activities, the Lap Swim Schedule is subject to change.

Please check our Website regularly for updates

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

LAP SWIM

Lap Swim is available in 50 minute increments. Locker Room Doors will be open 5 minutes prior to the start of swim slot

Rules & Expectations:

- Must have Total Facility Membership in order to participate in lap swim
- Lap swimmers must be 10yrs+ and able to swim 8 consecutive laps

SENIOR SWIM

Friday 2:30pm

50 minutes pool time is reserved for Senior Members of The Connection to swim laps.

WATER EXERCISE

Friday 10:10am

Designated pool time for members to exercise on their own. There will not be an instructor this week.