



79 Maple Street Summit, NJ 908-273-4242

## Adult Swim Schedule

Dec. 27, 2025 - Jan. 2, 2026

Saturday, 12/27	Sunday, 12/28	Monday, 12/29	Tuesday, 12/30	Wed., 12/24 & 12/31	Thurs., 12/25 & 1/1	Friday, 12/26
<b>7:00-12:00</b> All Lanes Lap  <b>12:00-2:00</b> Rec. Swim Lanes 1, 2  <b>12:00-2:00</b> Lap Swim Lanes 3, 4, 5  <b>2:00-4:30</b> All Lanes Lap	<b>7:00-12:00</b> Lap Swim  <b>12:00-1:00</b> Rec. Swim Lanes 1, 2  <b>12:00-1:00</b> Lap Swim Lanes 3, 4, 5	<b>7:00--10:00</b> Lap Swim Lanes 3, 4, 5  <b>10:00-11:00</b> Water Aerobics®  <b>12:00-2:25</b> All Lanes Lap  <b>2:30-3:25</b> Senior Swim  <b>6:30-8:00</b> All Lanes Lap	<b>7:00-10:00</b> All Lanes Lap  <b>10:00-11:00</b> Water Aerobics®  <b>12:00-3:25</b> All Lanes Lap  <b>6:30-8:00</b> All Lanes Lap	<b>BUILDING CLOSED DEC. 24 &amp; DEC. 31</b>	<b>BUILDING CLOSED DEC. 25 &amp; JAN. 1</b>	<b>BUILDING CLOSED DEC. 26</b>  <b>Friday Jan. 2:</b>  <b>7:00-10:00</b> Lap Swim Lanes 3, 4, 5  <b>10:00-11:00</b> Water Aerobics®  <b>12:00-2:25</b> All Lanes Lap  <b>2:30-3:25</b> Senior Swim  <b>6:30-8:00</b> All Lanes Lap

® = registration required



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### **LAP SWIM**

Rules & Expectations:

- Must have Total Facility Membership in order to participate in lap swim, water aerobics, and water stretch.
- Lap swimmers must be 13yrs+ and able to swim 8 consecutive laps. Children under the age of 13 must have a parent present on deck while they swim and they must be able to continuously swim a minimum of 8 laps to participate in lap swim.

### **RECREATIONAL SWIM**

Saturday 12pm and Sunday at 12pm

Families and friends can enjoy swimming in our pool with toys, noodles, balls and more! Free for the Total Facility Member or those with Total Facility Household Memberships. Total Facility Members may use 1 of 5 annual guest passes (1 per guest) or pay \$10 per person. \$10 per person for those with annual memberships. \$20 per person for non-members (waiver & non-member account registration required). Non-swimmers and children under 13 years must be accompanied in the water by a Total Facility Member or paying adult. Registration at the front desk and sign in on the pool deck are required.

### **SENIOR SWIM**

Monday, Friday 2:30pm

55 minutes of pool time reserved for our 'Senior Annual Dues' Members and Senior Total Facility Members to swim laps and exercise.

### **WATER AEROBICS**

Mon. 10am, Tues. 10am, Fri. 10am

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. Registration encouraged for program communications.