



Winter 2010 POOL SCHEDULE



381 Route 23, Pompton Plains, NJ 07444
Tel: (973)839-8823
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www.spa23.com

Effective Sunday, January 10th, 2010

— Pool Hours —

Open Monday, 5 AM thru Saturday, 7:30 PM

Sunday, 8 AM - 5:30 PM

*Please Check for Holiday Hours

FAMILY SWIM

Saturday, 4:00 - 7:30 PM

Sunday, 4:00 - 5:30 PM

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5-6AM	CLOSED	5:00 OPEN	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
6-7AM	CLOSED	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
7-8AM	8:00 OPEN	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
8-9AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
9-10AM	LAP SWIM	LAP SWIM	LAP SWIM Pre-School II 9:30	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
10-11AM	LAP SWIM	LAP SWIM	LAP SWIM Infant/Todd 10:00 Pre-School I 10:30	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM Pre-School II 10:30
11AM-12PM	LAP SWIM Pre-School II 11:00 Levels 1 & 2 11:30	LAP SWIM *AQUACISE 11:15	LAP SWIM *AQUACISE 11:15	LAP SWIM *AQUACISE 11:15	LAP SWIM *AQUACISE 11:15	LAP SWIM *AQUACISE 11:15	LAP SWIM Level 3 11:00 Levels 1 & 2 11:30
12-1PM	LAP SWIM Level 5 12:00 Level 4 12:30	LAP SWIM *AQUACISE 12:15	LAP SWIM	LAP SWIM *AQUACISE 12:15	LAP SWIM *AQUACISE 12:15	LAP SWIM *AQUACISE 12:15	LAP SWIM Level 4 12:00 Level 3 12:30
1-2PM	LAP SWIM Level 3 1:00 Levels 1 & 2 1:30	LAP SWIM	LAP SWIM Pre-School II 1:00 Pre-School III 1:30	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM Levels 1 & 2 1:00 Level 5 1:30
2-3PM	LAP SWIM Pre-School II 2:00 Level 3 2:30	LAP SWIM	LAP SWIM Pre-School II 2:00	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM Pre-School I 2:00 Levels 1 & 2 2:30
3-4PM	LAP SWIM Pre-School I 3:00 Infant/Todd 3:30	LAP SWIM Level 4 3:45	LAP SWIM Level 5 3:45	LAP SWIM Levels 1 & 2 3:45	LAP SWIM Level 5 3:45	LAP SWIM Levels 1 & 2 3:45	LAP SWIM Pre-School II 3:00 Pre-School I 3:30
4-5PM	LAP SWIM FAMILY SWIM	LAP SWIM Level 3 4:15 Levels 1 & 2 4:45	LAP SWIM Level 3 4:15 Levels 4 4:45	LAP SWIM Pre-School II 4:15 Level 3 4:45	LAP SWIM Level 4 4:15 Level 3 4:45	LAP SWIM Pre-School II 4:15 Level 3 4:45	LAP SWIM FAMILY SWIM
5-6PM	LAP SWIM FAMILY SWIM CLOSED 5:30	LAP SWIM Pre-School II 5:15	LAP SWIM Level 1 & 2 5:15 *Beg Stroke Clinic 5:45	LAP SWIM *Stroke Clinic 5:15	LAP SWIM *Beg Stroke Clinic 5:15	LAP SWIM Level 4 5:15 Levels 1 & 2 5:45	LAP SWIM FAMILY SWIM
6-7PM	CLOSED	LAP SWIM Adult I 6:30	LAP SWIM	LAP SWIM *Stroke Clinic 6:15	LAP SWIM	LAP SWIM *Beg Stroke Clinic 6:15	LAP SWIM FAMILY SWIM
7-8PM	CLOSED	LAP SWIM Adult II 7:00 *AQUACISE 7:30	LAP SWIM *AQUACISE 7:30	LAP SWIM *AQUACISE 7:30	LAP SWIM *AQUACISE 7:30	LAP SWIM	LAP SWIM FAMILY SWIM CLOSED 7:30
8-9PM	CLOSED	LAP SWIM	LAP SWIM	LAP SWIM *Competitive Edge 8:30	LAP SWIM	LAP SWIM *Competitive Edge 8:30	CLOSED
9-10PM	CLOSED	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	CLOSED

— Please Register For Swimming Lessons By Lesson Number —

INFANT/TODDLER

Sun 3:30 #10
Tues 10:00 #18

LEVEL 3

Sun 1:00 #5 & 2:30 #8
Mon 4:15 #12
Tues 4:15 #24
Wed 4:45 #30
Thurs 4:45 #35
Fri 4:45 #39
Sat 11:00 #44
Sat 12:30 #47

PRE SCHOOL I

Sun 3:00 #9
Tues 10:30 #19
Sat 2:00 #50
Sat 3:30 #53

LEVEL 4

Sun 12:30 #4
Mon 3:45 #11
Tues 4:45 #25
Thurs 4:15 #34
Fri 5:15 #40
Sat 12:00 #46

PRE SCHOOL II

Sun 11:00 #1 & 2:00 #7
Mon 5:15 #14
Tues 9:30 #17
Tues 1:00 #20 & 2:00 #22
Wed 4:15 #29
Fri 4:15 #38
Sat 10:30 #43 & 3:00 #52

ADULT I

Mon 6:30 #15

ADULT II

Mon 7:00 #16

PRE SCHOOL III

Tues 1:30 #21

LEVELS 1 & 2

Sun 11:30 #2 & 1:30 #6
Mon 4:45 #13
Tues 5:15 #26
Wed 3:45 #28
Fri 3:45 #37 & 5:45 #41
Sat 11:30 #45
Sat 1:00 #48 & 2:30 #51

LEVEL 5

Sun 12:00 #3
Tues 3:45 #23
Thurs 3:45 #33
Sat 1:30 #49

COMPETITIVE EDGE

Wed & Fri 8:30 #54

COMPETITIVE STROKE CLINIC

Wed 5:15 #31 & 6:15 #32

BEGINNER STROKE CLINIC

Tues 5:45 #27
Thurs 5:15 #36
Fri 6:15 #42

*See LAP SWIM description for lane availability

Meets for 8 Weeks, Call for Information 973-839-8823

WHEN: Lessons begin Sun. January 10, 2010 and meet for 30 minutes (Stroke Clinic 60 minutes) once a week for 8 weeks.

REGISTRATION DATES: Members and Current Enrollees - Mon. Nov. 16th Open Registration - Mon. Nov. 23rd, 2009

COST: There is a one time registration fee for each new participant. Member is defined as a child whose mother or father is a member of Spa 23 in good standing. No other relationship qualifies.

NON REFUNDABLE

REGISTRATION FEE: \$39 Members \$49 Non-Members

LESSON FEE: \$149 Members \$169 Non-Members

STROKE CLINIC FEE: \$199 Members \$229 Non-Members

CANCELLATION: If cancellation occurs from time of enrollment to 48 hours after first lesson there will be a \$25 cancellation fee. If cancellation occurs anytime thereafter, no refund will be given. One Make up class will be offered Week 9.



POOL PROGRAM DESCRIPTIONS ON THE OTHER



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POOL PROGRAMS



LAP SWIM: During the facilities' pool hours, portions of the pool will be set up for lap swimming. Circle swimming or sharing lanes is greatly encouraged. Please swim accordingly.

**Note: During Stroke Clinic, only 1 lane available. During Aquacise, 2 lanes to no lanes available depending on the size of class.*

FAMILY SWIM: During Family Swim, the majority of the pool is open for members to bring their children and enjoy themselves. Children will be subject to a guest fee of \$5. Family Swim times are on weekends only. Please follow stated pool rules and regulations.

50 MILE SWIM PROGRAM: All members are eligible to participate in the Spa 23 program. A master chart will be displayed in the pool area with participant's names. Each time you've completed a 50-mile stretch, you will receive a Spa 23 certificate of achievement.

AQUACIZE: Aquacize is now considered by many health experts as the near perfect physical activity. This program is designed to develop and maintain cardiovascular fitness, increase muscle strength, endurance and flexibility. Classes are designed to give a vigorous and stimulating workout. All classes are taught in chest deep water. Non-swimmers are welcome.

POOL PARTIES: The pool is available for party rentals. See Program Director, for details.

LOCKER ROOMS: Special changing areas for children are located above the pool in the Annex. **Children are prohibited in the adult locker rooms.**

GROUP LESSON DESCRIPTIONS

INFANT/TODDLER SWIM (6-36 MONTHS): A water adjustment class for infant/toddler and adult. An introduction to appropriate water safety skills through song and games. Pediatrician Approval Recommended. **Parents must participate.**

PRE-SCHOOL I (3-5 YEARS): Advanced water adjustment skills for your pre-schooler. A progression to independent water skills along with developing readiness for Pre-school II or Pre-school III. **Parent must participate.**

PRE-SCHOOL II (4-5 YEARS): A swim program designed for the child already familiar with the water. Basic water skills without parent participation. Good stepping stone for Pre-school III or Level 1&2.

PRE-SCHOOL III (4-5 YEARS): Geared towards the pre-schooler with advanced swimming skills. **Must be able to swim independently without a floatation aid.** Skills include: floating, rotary breathing, back crawl and front crawl.

LEVEL 1&2 (MUST BE AT LEAST 5 YEARS): This course is designed to equip students with basic water safety and water adjustment skills. Skills include: floating, kicking, underwater exploration, breathing and front and back beginner strokes.

LEVEL 3 (MUST BE AT LEAST 5 1/2 YEARS): Students learn basic stroke techniques for the front and back crawl (20 yards), elementary backstroke kick (20 yards), jumping, rotary breathing, and treading water. Students also learn basic drowning prevention. **Must have passed Level 1&2.**

LEVEL 4 (MUST BE AT LEAST 6 YEARS): Increase swimming endurance and proper technique for front and back crawl (50 yards) and an introduction to the breaststroke and sidestroke kick. **Must have passed Level 3.**

LEVEL 5: Students learn elements of proper swimming, increase endurance and perfect stroke techniques. Skills include: alternate breathing, breaststroke (20 yards), sidestroke (20 yards), elementary backstroke (25 yards), butterfly kick, front and back crawl (75 yards). **Must have passed Level 4.**

BEGINNING STROKE CLINIC: Children must have basic knowledge of all strokes. Swimmers will refine strokes, learn racing dives, flip turns, and build endurance for lap swimming.

COMPETITIVE STROKE CLINIC: This course is designed for children that are striving to be on a swim team. **Children must be proficient at all the strokes.** Swimmers will learn to decrease their times, quicken front/back flip turns, learn racing dives and build endurance for lap swimming.

COMPETITIVE EDGE: Highly intense conditioning for competitive swimmers over 10 years old with critical analysis of stroke & turn.

Lifeguard Training and Water Safety Instructor Courses are offered throughout the year. Please call for details.

CANCELLATION POLICY

If cancellation occurs from time of enrollment to 48 hours after first lesson there will be a \$25 cancellation fee. If cancellation occurs anytime thereafter, no refund will be given. There are no make-ups for missed classes.