



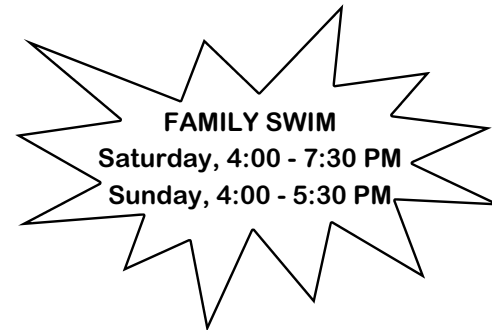
FALL 2010 POOL SCHEDULE

Effective Monday, October 4th, 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

Lifeguard Training Class

Call For Information

381 Route 23, Pompton Plains, NJ 07444
Tel: (973)839-8823
Fax: (973)839-7563
www.spa23.com

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 Adult Class 9:30	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM Level 3 9:30
10-11AM	LAP SWIM SWIM CLASS TBA	LAP SWIM	LAP SWIM Infant/Todd 10:00 Pre-School 1 10:30	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM Level 4 10:00 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 *Gentle Aqua 11:15	LAP SWIM *AQUACISE 11:15	LAP SWIM SWIM CLASS
12-1PM	LAP SWIM Level 3 12:00 Level 4 12:30	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM SWIM CLASS
1-2PM	LAP SWIM Level 5 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 SWIM CLASS
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 SWIM CLASS
3-4PM	LAP SWIM Pre-School I 3:00 Infant/Todd 3:30	LAP SWIM Pre-School II 3:45	LAP SWIM Level 5 3:45	LAP SWIM Levels 1&2 3:45	LAP SWIM Levels 1&2 3:45	LAP SWIM Levels 1&2 3:45	LAP SWIM Levels 1&2 3:00 Pre-School II 3:30
4-5PM	LAP SWIM FAMILY SWIM	LAP SWIM Level 3 4:15 Levels 1&2 4:45	LAP SWIM Level 4 4:15 Levels 1&2 4:45	LAP SWIM Level 3 4:15 Level 5 4:45	LAP SWIM Level 4 4:15 Level 3 4:45	LAP SWIM Level 5 4:15 Pre-School II 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 3 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 Level 3 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	LAP SWIM *AQUACISE 7:30	LAP SWIM	LAP SWIM FAMILY SWIM CLOSED 7:30
8-9PM	CLOSED	LAP SWIM SWIM CLASS	LAP SWIM SWIM CLASS	LAP SWIM SWIM CLASS	LAP SWIM SWIM CLASS	LAP SWIM	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

PRE SCHOOL I
Sun 3:00 #9
Tues 10:30 #19
Tues 12:30 #20

PRE SCHOOL II
Sun 11:00 #1 & 2:00 #7
Mon 3:45 #11 & 5:15 #14
Tues 1:00 #21 & 2:00 #23
Fri 4:45 #40
Sat 10:30 #46 & 3:30 #48

PRE SCHOOL III
Tues 1:30 #22

BEGINNER STROKE CLINIC

Tues 5:45 #28
Thurs 5:15 #37
Fri 6:15 #43

LEVEL 3
Sun 12:00 #3 & 2:30 #8
Mon 4:15 #12
Tues 5:15 #27
Wed 4:15 #30
Thurs 4:45 #36
Fri 5:45 #42
Sat 9:30 #44

LEVEL 4
Sun 12:30 #4
Tues 4:15 #25
Thurs 4:15 #35
Fri 5:15 #41
Sat 10:00 #45

LEVEL 5
Sun 1:00 #5
Tues 3:45 #24
Wed 4:45 #31
Fri 4:15 #39

LEVELS 1&2
Sun 11:30 #2 & 1:30 #6
Mon 4:45 #13
Tues 4:45 #26
Wed 3:45 #29
Thurs 3:45 #34
Fri 3:45 #38
Sat 3:00 #47

COMPETITIVE STROKE CLINIC

Wed 5:15 #32 & 6:15 #33

ADULT I
Mon 6:30 #15
Tues 9:30 #17

ADULT II
Mon 7:00 #16

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

*See LAP SWIM description for lane availability

WHEN: Lessons begin Monday, October 4, 2010 and meet for 30 minutes (Stroke Clinic 60 minutes) once a week for 8 weeks.

REGISTRATION DATES: Members - August 30, 2010** Non-Members - September 7, 2010**

NON REFUNDABLE REGISTRATION FEE: \$12 (each session)

LESSON FEE: **FREE for Platinum Members \$159 All Others

**Platinum members are free, subject to a \$12 registration fee per session and additional children are 40% off the price of swimming lessons. Platinum member is defined as a child whose mother or father is a Platinum VIP member of Spa 23 in good standing. No other relationship qualifies.

STROKE CLINIC FEE: \$189 Members \$219 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 SIDE

**ALL REGISTRATIONS MUST BE MADE WITH THE MEMBERSHIP DEPARTMENT. Monday-Friday 9:00AM-9:00PM, Saturday & Sunday 9:00AM-6:00PM