



381 Route 23, Pompton Plains, NJ 07444
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Spring 2010 POOL SCHEDULE

Effective Sunday, March 21, 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 SWIM CLASS	LAP SWIM	LAP SWIM Adult I 9:30	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM Pre-School II 9:30
10-11AM	LAP SWIM Pre-School II 10:00 Level 1 & 2 10:30	LAP SWIM	LAP SWIM Infant/Todd 10:00 Pre-School I 10:30	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM Level 3 10:00 Level 4 10:30
11AM-12PM	LAP SWIM Level 3 11:00 Level 4 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 SWIM CLASS
12-1PM	LAP SWIM Level 5 12:00 Level 1 & 2 12:30	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM *AQUACISE 12:15	LAP SWIM SWIM CLASS
1-2PM	LAP SWIM Level 4 & 5 1:00 Levels 3 1:30	LAP SWIM	LAP SWIM Pre-School II 1:00 Pre-School II 1:30	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM SWIM CLASS
2-3PM	LAP SWIM Level 1 & 2 2:00 Pre-School II 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 Level 5 3:45	LAP SWIM Level 3 3:45	LAP SWIM Levels 4 3:45	LAP SWIM Level 4 3:45	LAP SWIM Levels 1 & 2 3:45	LAP SWIM Level 1 & 2 3:00 Pre-School I 3:30
4-5PM	LAP SWIM FAMILY SWIM	LAP SWIM Levels 1 & 2 4:15 Level 3 4:45	LAP SWIM Level 4 4:15 Levels 5 4:45	LAP SWIM *Stroke Clinic 4:15	LAP SWIM Level 5 4:15 Level 3 4:45	LAP SWIM Pre-School II 4:15 Levels 1 & 2 4:45	LAP SWIM FAMILY SWIM
5-6PM	LAP SWIM FAMILY SWIM CLOSED 5:30	LAP SWIM Level 4 5:15 Pre-School II 5:45	LAP SWIM Level 1 & 2 5:15 Level 3 5:45	LAP SWIM *Stroke Clinic 5:15	LAP SWIM *Beg Stroke Clinic 5:15	LAP SWIM Level 3 5:15 Pre-School II 5:45	LAP SWIM FAMILY SWIM
6-7PM	CLOSED	LAP SWIM Adult I 6:30	LAP SWIM *Beg Stroke Clinic 6:15	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	LAP SWIM	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 #12
 Tues 10:00 #21

LEVEL 3

Sun 11:00 #3 & 1:30 #8
 Mon 4:45 #15
 Tues 3:45 #26
 Tues 5:45 #30
 Thurs 4:45 #38
 Fri 5:15 #43
 Sat 10:00 #47

PRE SCHOOL I

Sun 3:00 #11
 Tues 10:30 #22
 Sat 3:30 #50

LEVEL 4

Sun 11:30 #4
 Mon 5:15 #16
 Tues 4:15 #27
 Wed 3:45 #32
 Thurs 3:45 #36
 Sat 10:30 #48

PRE SCHOOL II

Sun 10:00 #1 & 2:30 #10
 Mon 5:45 #17
 Tues 1:00 #23
 Tues 1:30 #24 & 2:00 #25
 Fri 4:15 #41 & 5:45 #44
 Sat 9:30 #46

Levels 4 & 5

Sun 1:00 #7

ADULT I

Mon 6:30 #18
 Tues 9:30 #20

LEVELS 1 & 2

Sun 10:30 #2 & 12:30 #6
 Sun 2:00 #9
 Mon 4:15 #14
 Tues 5:15 #29
 Fri 3:45 #40 & 4:45 #42
 Sat 3:00 #49

ADULT II

Mon 7:00 #19

LEVEL 5

Sun 12:00 #5
 Mon 3:45 #13
 Tues 4:45 #28
 Thurs 4:15 #37

COMPETITIVE STROKE CLINIC

Wed 4:15 #33 & 5:15 #34
 Wed 6:15 #35

BEGINNER STROKE CLINIC

Tues 6:15 #31
 Thurs 5:15 #39
 Fri 6:15 #45

*See LAP SWIM description for lane availability

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

WHEN: Lessons begin Sun. March 21, 2010 and meet for 30 minutes (Stroke Clinic 60 minutes) once a week for 8 weeks.

REGISTRATION DATES: Members and Current Enrollees - Mon. Feb. 22, 2010 Open Registration - Mon. March 1, 2010

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 SIDE