



SUMMER 2010 POOL SCHEDULE

Effective June 27th, 2010

—POOL HOURS—

Open Monday, 5:00 AM thru Saturday, 5:30 PM

Sunday, 8:00 AM—5:30 PM

*Please Check for Holiday Hours

New! Lifeguarding
Classes Available

FAMILY SWIM
Saturday & Sunday
2:30 - 5:30 PM

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

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6-7 A.M.	CLOSED	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
7-8 A.M.	8:00 OPEN	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
8-9 A.M.	LAP SWIM	LAP SWIM	LAP SWIM Level 1 & 2 8:30	LAP SWIM	LAP SWIM Level 1 & 2 8:30	LAP SWIM	LAP SWIM
9-10 A.M.	LAP SWIM	2 LANE LAP SWIM Fitness Swim 9:00 Level 4 9:30	2 LANE LAP SWIM Infant / Todd 9:00 Pre-School I 9:30	2 LANE LAP SWIM Fitness Swim 9:00 Level 4 9:30	2 LANE LAP SWIM Infant / Todd 9:00 Pre-School I 9:30	LAP SWIM	2 LANE LAP SWIM Level 4 & 5 9:00
10-11 A.M.	LAP SWIM Level 4 & 5 10:00	2 LANE LAP SWIM Level 3 10:00 Levels 1 & 2 10:30	2 LANE LAP SWIM Pre-School II 10:00 Pre-School II 10:30	2 LANE LAP SWIM Level 3 10:00 Levels 1 & 2 10:30	2 LANE LAP SWIM Pre-School II 10:00 Pre-School II 10:30	2 LANE LAP SWIM Swim Class	2 LANE LAP SWIM Level 3 10:00
11 A.M. - 12 P.M.	2 LANE LAP SWIM Level 1 & 2 11:00	2 LANE LAP SWIM *AQUACISE 11:15	2 LANE LAP SWIM *AQUACISE 11:15	2 LANE LAP SWIM *AQUACISE 11:15	2 LANE LAP SWIM *AQUACISE 11:15	2 LANE LAP SWIM *AQUACISE 11:15	2 LANE LAP SWIM Levels 1 & 2 11:00
12-1 P.M.	2 LANE LAP SWIM Level 3 12:00	2 LANE LAP SWIM	2 LANE LAP SWIM	2 LANE LAP SWIM	2 LANE LAP SWIM	2 LANE LAP SWIM *AQUACISE 12:15	2 LANE LAP SWIM Pre-School II 12:00
1-2 P.M.	2 LANE LAP SWIM Pre-School II 1:00	2 LANE LAP SWIM	2 LANE LAP SWIM	2 LANE LAP SWIM	2 LANE LAP SWIM	2 LANE LAP SWIM Swim Class	2 LANE LAP SWIM Levels 1 & 2 1:00
2-3 P.M.	LAP SWIM FAMILY SWIM 2:30	2 LANE LAP SWIM	2 LANE LAP SWIM	2 LANE LAP SWIM	2 LANE LAP SWIM	2 LANE LAP SWIM Swim Class	LAP SWIM FAMILY SWIM 2:30
3-4 P.M.	LAP SWIM FAMILY SWIM	2 LANE LAP SWIM Level 1 & 2 3:30	2 LANE LAP SWIM Level 3 3:30	2 LANE LAP SWIM Level 1 & 2 3:30	2 LANE LAP SWIM Level 3 3:30	LAP SWIM	LAP SWIM FAMILY SWIM
4-5 P.M.	LAP SWIM FAMILY SWIM	2 LANE LAP SWIM Level 3 4:00 Pre-School II 4:30	2 LANE LAP SWIM Pre-School II 4:00 Level 3 4:30	2 LANE LAP SWIM Level 3 4:00 Pre-School II 4:30	2 LANE LAP SWIM Pre-School II 4:00 Level 3 4:30	LAP SWIM	LAP SWIM FAMILY SWIM
5-6 P.M.	LAP SWIM FAMILY SWIM CLOSED 5:30	2 LANE LAP SWIM Level 1 & 2 5:00 Level 4 5:30	2 LANE LAP SWIM Level 1 & 2 5:00 Level 4 5:30	2 LANE LAP SWIM Level 1 & 2 5:00 Level 4 5:30	2 LANE LAP SWIM Level 1 & 2 5:00 Level 4 5:30	LAP SWIM	LAP SWIM FAMILY SWIM CLOSED 5:30
6-7 P.M.	CLOSED	2 LANE LAP SWIM Pre-School II 6:00 Adult 6:30	2 LANE LAP SWIM Level 5 6:00 Pre-School I 6:30	2 LANE LAP SWIM Pre-School II 6:00 Adult 6:30	2 LANE LAP SWIM Level 5 6:00 Pre-School I 6:30	LAP SWIM	CLOSED
7-8 P.M.	CLOSED	LAP SWIM *AQUACISE 7:30	LAP SWIM *AQUACISE 7:30	LAP SWIM	LAP SWIM *AQUACISE 7:30	LAP SWIM	CLOSED
8-9 P.M.	CLOSED	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	CLOSED
9-10 P.M.	CLOSED	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	CLOSED

—COURSES OFFERED—

INFANT/TODDLER
Tues. & Thurs. 9:00 #13

LEVELS 1 & 2
Mon. & Wed. 10:30 #4
Mon. & Wed. 3:30 #5
Mon. & Wed. 5:00 #8
Tues. & Thurs. 8:30 #12
Tues. & Thurs. 5:00 #20
Sat. 11:00 #26
Sat. 1:00 #28
Sun. 11:00 #30

PRE SCHOOL I
Tues. & Thurs. 9:30 #14
Tues. & Thurs. 6:30 #23

LEVEL 3
Mon. & Wed. 10:00 #3
Mon. & Wed. 4:00 #6
Tues. & Thurs. 3:30 #17
Tues. & Thurs. 4:30 #19
Sat. 10:00 #25
Sun. 12:00 #31

PRE SCHOOL II
Mon. & Wed. 4:30 #7
Mon. & Wed. 6:00 #10
Tues. & Thurs. 10:00 #15
Tues. & Thurs. 10:30 #16
Tues. & Thurs. 4:00 #18
Sat. 12:00 #27
Sun. 1:00 #32

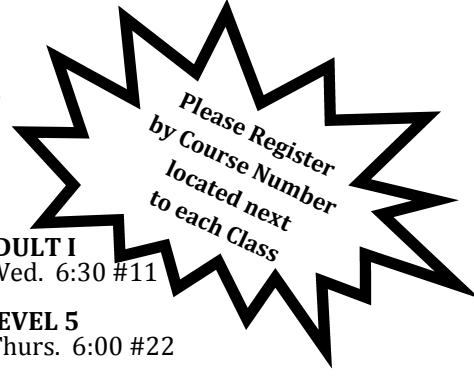
LEVEL 4
Mon. & Wed. 9:30 #2
Mon. & Wed. 5:30 #9
Tues. & Thurs. 5:30 #21

LEVEL 4 & 5
Sat. 9:00 #24
Sun. 10:00 #29

FITNESS SWIM
Mon. & Wed. 9:00 #1

ADULT I
Mon. & Wed. 6:30 #11

LEVEL 5
Tues. & Thurs. 6:00 #22



WHEN: Lessons begin Sun. June 27, 2010 and meet for 30 minutes twice a week for 4 weeks, except for Saturday and Sunday class which meets 1 hour for 4 weeks.

REGISTRATION DATES: Members and Current Enrollees - June 1st Non-members - June 7th

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

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

LESSON FEE: \$149 Members \$169 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. There are no "make-ups" for missed classes.



POOL PROGRAM DESCRIPTIONS ON THE OTHER SIDE