

# CLINTON - AQUATICS



**Hunterdon Healthcare**  
Health and Wellness Centers

**5 Lane Lap Pool**  
Length = 25 Yards  
72 Lengths (36 Laps) = 1 Mile

**PHONE:**  
**908.735.6884**  
Revised 02/01/12

## MONDAY

5:00-9:00 \*\*\*\* Adult Lesson  
8:00-9:00 \*\*\* Deep H2O Volleyball/Bev  
9:00-10:00 \* Aquatics deep/Bev  
10:00-12:00pm \*\*\*\*\* Adult Lesson  
12:00-12:45 \*\* Aqua Zumba/Pat  
2:30-5:00 \*\* Child Lessons  
5:00-7:00 \*\*\*\* Adult Lesson  
7:00-8:00 \*\*\* Aquatics/Jenn  
8:00-9:45 **ALL LANES OPEN**

## TUESDAY

5:00-9:00am \*\*\*\* Adult Lesson  
9:00-10:00 \*\* Aquatics Shallow/Queila  
10:00-3:00pm \*\*\*\*\* Adult Lesson  
3:00-6:00 \*\* Child & Adult Lesson  
6:00-7:00 Triathlon Training  
7:00-8:30 \* Master Swim  
8:30-9:45 **ALL LANES OPEN**

## WEDNESDAY

5:00-6:00am \*\*\*\* Adult Lesson  
6:00-7:00 \* Lap Swim/Bev  
7:00-8:00 \*\*\*\* Adult Lesson  
8:00-9:00 \*\*\* Deep H2O Volleyball/Bev  
9:00-10:00 \* Aquatics Deep/Bev  
10:00-12:00pm \*\*\*\*\* Adult Lesson  
12:00-3:00 **ALL LANES OPEN**  
3:00-6:00 \*\* Child & Adult Lesson  
6:00-7:00 Triathlon Training  
7:00-8:00 \*\* Aquatics/Jenn  
7:00-8:00 \*\* Adult Lesson  
8:00-8:30 \*\*\*\* Adult Lesson  
8:30-9:45 **ALL LANES OPEN**

## THURSDAY

5:00-7:00am \* Master Swim  
7:00-8:00 \*\*\*\* Adult Lesson  
8:00-9:00 \* Lap Swim/Bev  
9:00-3:30 \*\*\*\* Adult Lessons  
3:30-6:00 \*\* Adult & Child Lessons  
6:00-7:00 \* Lap Swim/Bev  
7:00-8:00 \*\* Aquatics/Jenn  
8:00-8:45 \*\*\*\* Adult Lesson  
8:45-9:45 **ALL LANES OPEN**

## FRIDAY

5:00-9:30am \*\*\*\* Adult Lesson  
9:30-10:30 \* Lap Swim/Bev  
10:30-11:30 \* Aquatics Deep/Bev  
11:30-12:15pm \*\* Aquatics Sh/ Queila  
12:15-2:00 \*\*\*\* Adult Lesson  
2:00-3:30 \* Child Lessons  
3:30-5:15 \*\* Child Lessons  
5:15-8:45 **ALL LANES OPEN**

## SATURDAY

7:00-7:30am **ALL LANES OPEN**  
8:00-10:00 \*\* Child Lessons  
10:00-11:30 \*\* Child Lessons  
11:30-5:45pm **ALL LANES OPEN**

## SUNDAY

8:00am-4:45pm **ALL LANES OPEN**



### Included Services: Lap Swim Program (Structured Workouts 2000-2500 Yards)

Deep H2O (Aerobics & Volleyball), Shallow H2O (Aerobics), Aqua Zumba, 95° Therapy Pool (Medical handrails and 6' deep section), 102° Hot Tub

### Specialty Offerings: Triathlon Training Program (Swim / Cycle / Run)

Masters Swim Program (Structured Workouts 3400—4200 Yards)  
Arthritis Program, Adult Private Lesson (Total Immersion® Swim Technique)  
Children, Private, & Group Swimming Lessons

Contact The Front Desk For More Information

- ◆ The \* represents the MINIMUM number of lanes available at the time listed.
- ◆ **Lane Policy: 2 swimmers min per lane, max 4 swimmers per lane circle counterclockwise.**
  - ◆ Due to the number of participants in classes, lane availability may change.
  - ◆ Occasionally *PRIVATE* swim lessons may utilize individual lane space.
- ◆ Children under the age of 12 are not allowed in the pool outside of private or group lesson times.
  - ◆ Hot Tub *CLOSED* every other Thursday or Friday mornings for cleaning until 10am.

**◆ POOL CLOSING 15 MINUTES PRIOR TO WELLNESS CENTER**