

AQUATIC ACTIVITIES AT NEW MILFORD SPORTS CLUB - MAIN LAP POOL

2017 SCHEDULE EFFECTIVE DEC 1 THRU MAR 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-7:00 A.M.	OPEN	OPEN	OPEN	OPEN	OPEN	CLUB CLOSED	
7:00-9:30 A.M. POOL OPENS WKEDS AT 7AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	POOL OPENS AT 7:00 A.M.
9:30-10:30 A.M.	SWIM GRP LESSONS (ONE LANE)	OPEN	SWIM GRP LESSONS (ONE LANE)	OPEN	SWIM GRP LESSONS (ONE LANE)	MEMBER LAP FITNESS SWIM 8:30AM-9:30AM	ONE-ON-ONE PRIVATE LESSONS 1 LANE
10:30-11:30 A.M.	SWIM GRP LESSONS (ONE LANE)	OPEN	SWIM GRP LESSONS (ONE LANE)	OPEN	SWIM GRP LESSONS (ONE LANE)	SWIM GRP LESSONS (ONE LANE)	ONE-ON-ONE PRIVATE LESSONS 1 LANE
11:30-12:30 P.M.	ONE-ON-ONE PRIVATE LESSONS 1 LANE	WATER AEROBICS (11 - 12PM) 3 LANES	ONE-ON-ONE PRIVATE LESSONS 1 LANE	WATER AEROBICS (11 - 12PM) 3 LANES	ONE-ON-ONE PRIVATE LESSONS 1 LANE		ONE-ON-ONE PRIVATE LESSONS 1 LANE
12:30-3:00 P.M.	OPEN	OPEN	OPEN	OPEN	OPEN		ONE-ON-ONE PRIVATE LESSONS 1 LANE
2:45-4:30 PM	OPEN	NMHS BOYS TEAM STARTS DEC 5TH	OPEN	NMHS BOYS TEAM STARTS DEC 5TH	OPEN	BIRTHDAY PARTIES 1:30-3PM	FAMILY SWIM (1:00-4:00 P.M.)
4:00-6:00 P.M.	SWIM GRP LESSONS (ONE LANE)	OPEN	GROUP CLASS 4:30-5:30 (2LANES)	OPEN	SWIM GRP LESSONS (ONE LANE)	BIRTHDAY PARTIES 3:30-5PM	HOT TUB CLOSED AT 5:00 P.M. FOR CLEANING
6-7 PM NM BARR SWIM TEAM 9/5 - 2/22/18	OPEN	6-7PM NMSWIM TEAM (ALL 4 LNS)	WATER AEROBICS (6 -7PM) 2 LANES	6-7PM NMSWIM TEAM (ALL 4 LNS)	OPEN	HOT TUB CLOSED AT 5PM FOR CLEANING	POOLS CLOSE 5:30
7:00-9:30 P.M.	OPEN	OPEN	OPEN	OPEN	OPEN	CLOSED	CLOSED

Pool Opens at 5:00 a.m. and closes at 9:30 p.m. Monday through Friday
 NMFAC. reserves the right to change and/or add classes to this Aquatic Schedule.
 At least one lap lane will be open to members during these classes.