

AQUATIC ACTIVITIES AT NEW MILFORD FITNESS AQUATICS CLUB

2018 SUMMER SCHEDULE EFFECTIVE JUNE 25TH TO AUG 18TH

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-7:00 A.M.	OPEN	OPEN	OPEN	OPEN	OPEN	CLUB CLOSED	
POOL OPENS WKEDS AT 7AM 7:00-9:30 A.M.	OPEN	OPEN	OPEN	OPEN	OPEN	POOL OPENS AT 7:00 A.M.	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.		WATER AEROBICS (10:30-11:30) 3 LANES		WATER AEROBICS (10:30-11:30) 3 LANES		ONE-ON-ONE PRIVATE LESSONS 1 LANE	
11:30-12:30 P.M.	OPEN	OPEN	OPEN	OPEN	OPEN	SWIM GRP LESSONS (ONE 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
2:45-4:00 PM	OPEN	OPEN	OPEN	OPEN	OPEN	BIRTHDAY PARTIES 1:30-3PM	FAMILY SWIM (1:00-4:00 P.M.)
4:00-5:30 P.M.	SWIM GRP LESSONS (ONE LANE)	OPEN	SWIM GRP LESSONS (ONE LANE)	OPEN	SWIM GRP LESSONS (ONE LANE)	BIRTHDAY PARTIES 3:30-5PM	HOT TUB CLOSED AT 5:00 P.M. FOR CLEANING
5:30 - 6P.M.		OPEN		OPEN		HOT TUB CLOSED AT 5PM FOR CLEANING	POOLS CLOSE 5:30
6:30-9 P.M.	NMPk&Rec Swim Lessons (2 Lanes)	NMPk&Rec Swim Lessons (2 Lanes)	NMPk&Rec Swim Lessons (2 Lanes)	NMPk&Rec Swim Lessons (2 Lanes)	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.