

AQUATIC ACTIVITIES AT NEW MILFORD FITNESS AQUATICS CLUB

2019-2020 NEW POOL SCHEDULE

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 7:00-8:30 A.M.	OPEN	OPEN	OPEN	OPEN	OPEN	MEMBER LAP FITNESS SWIM 7:30AM-8:30AM	POOL OPENS AT 7:00 A.M.
8:30-10:30 A.M.	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	ONE-ON-ONE PRIVATE LESSONS 1 LANE
10:30-11:30 A.M.	PRIVATE LESSONS (ONE LANE)	WATER AEROBICS (10:30-11:30) 3 LANES	PRIVATE LESSONS (ONE LANE)	WATER AEROBICS (10:30-11:30) 3 LANES	PRIVATE LESSONS (ONE LANE)	10AM TO 12:30PM GROUP SWIM LESSONS (ONE LANE) (4 per grp)	ONE-ON-ONE PRIVATE LESSONS 1 LANE
11:30-12 P.M.	OPEN	ADULT SWIM LESSONS (ONE LANE)	OPEN	ADULT SWIM LESSONS (ONE LANE)	OPEN		ONE-ON-ONE PRIVATE LESSONS 1 LANE
12PM - 1PM	OPEN		OPEN		OPEN	OPEN	FAMILY SWIM (12:00-3:00 P.M.) LIFEGUARD ON DUTY
1PM-4:00 PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN also Reserved for BIRTHDAYPARTIES 1:30-2:30PM or 3:30-4:30PM (2 LNS)	HOT TUB CLOSED AT 5:00 P.M. FOR CLEANING
NMHS BOYS SWIM Start 12/5 -3/19 2:45-4:30 4:00-5:30 P.M.	SWIM GRP LESSONS (ONE LANE) (4 per grp)	NMHS Swim Team (3 Lns) 2:45-4:30PM	SWIM GRP LESSONS (ONE LANE) (4 per grp)	NMHS Swim Team (3 Lns) 2:45-4:30PM	SWIM GRP LESSONS (ONE LANE) (4 per grp)		HOT TUB CLOSED AT 5PM FOR CLEANING
5:30 - 6P.M.		OPEN		OPEN		OPEN	
NM BARR START 9/17 to 2/20/20 6-7 6:00PM - 9:30PM	WATER AEROBICS (6:15-7:15PM)	NM Barracudas Swim Team (4 Lns) 6-7PM	WATER AEROBICS (6:15-7:15PM)	NM Barracudas Swim Team (4 Lns) 6-7PM	OPEN	CLOSED	CLOSED

****Pool Opens at 5:00AM and closes at 9:30PM 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 classes unless specified.