



79 Maple Street
Summit, NJ 908-273-4242

Adult Lap Swim Schedule

Thanksgiving 2024
Nov. 28 – Dec. 1

Thurs., 11/28	Fri., 11/29	Sat. 11/30	Sun. 12/1
CLOSED FOR THANKSGIVING	7:00-9:30 All Lanes Lap	7:00-9:00 All Lanes Lap	7:00-10:00 All Lanes Lap
	9:30-10:00 Water Stretch Lanes 1, 2	12:00-2:00 Rec. Swim Lanes 1, 2	10:00-11:00 Lap Swim Lanes 3, 4, 5
	9:30-10:00 Lap Swim Lanes 3, 4, 5	12:00-2:00 Lap Swim Lanes 3, 4, 5	10:00-11:00 Make-Up Lessons Lanes 1, 2
	10:00-11:00 Water Aerobics	2:00-5:00 All Lanes Lap	11:00-12:00 Rec. Swim Lanes 1, 2
	11:00-2:25 All Lanes Lap		10:00-12:00 Lap Swim Lanes 3, 4, 5
	2:30-3:25 Senior Swim		12:00-1:00 All Lanes Lap
	3:30-8:30 All Lanes Lap		

Due to special scheduled activities, the Lap Swim Schedule is subject to change.
Please check our Website regularly for updates.

LAP SWIM

Rules & Expectations:

- Must have Total Facility Membership in order to participate in lap swim, water aerobics, and water stretch.
- Lap swimmers must be 13yrs+ and able to swim 8 consecutive laps. Children under the age of 13 must have a parent present on deck while they swim and they must be able to continuously swim a minimum of 8 laps to participate in lap swim.

RECREATIONAL SWIM

Saturday 12pm and Sunday at 11am

Families and friends can enjoy swimming in our pool with toys, noodles, balls and more! Free for the Total Facility Member or those with Total Facility Household Memberships. Total Facility Members may use 1 of 5 annual guest passes (1 per guest) or pay \$10 per person. \$10 per person for those with annual memberships. \$20 per person for non-members (waiver & non-member account registration required). Non-swimmers and children under 13 years must be accompanied in the water by a Total Facility Member or paying adult. Registration at the front desk and sign in on the pool deck are required.

SENIOR SWIM

Friday 2:30pm

55 minutes of pool time reserved for our 'Senior Annual Dues' Members and Senior Total Facility Members to swim laps and exercise.

WATER STRETCH

Fri. 9:30am

Stretching helps to lengthen and elongate muscles to enhance their flexibility and elasticity. Doing these exercises in the water provides a low impact environment to protect joints and muscles, allowing participants to increase their range of motion and decrease their risk of injury.



Scan the QR code to view all of our schedules!