

**The Summit Tennis & Athletic Club**  
**Aquatics Schedule- October 1, 2020 to May 31, 2021**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM		Adult Swim 5:00-10:00	Adult Swim 5:00 - 9:00	Adult Swim 5:00 – 10:00	Adult Swim 5:00 - 9:00	Adult Swim 5:00-10:00	
7:00 AM	Adult Swim 7:00 - 11:00						Adult Swim 7:00 - 10:00
9:00 AM			Open Swim 9:00 - 5:30		Open Swim 9:00 - 5:30		
10:00 AM		Aqua Aerobics 10:00 - 11:00 (Margot)		Aqua Aerobics 10:00-11:00 (Jess)		Aqua Aerobics 10:00 - 11:00 (Christy)	Open Swim 10:00 - 4:00
11:00 AM	Open Swim 11:00 - 4:00	Adult Swim 11:00-12:00		Open Swim 11:00 - 9:00		Adult Swim 11:00-12:00	
11:30 AM							
12:00 PM		Open Swim 12:00-9:00				Open Swim 12:00 - 8:00	
12:30 PM							
4:30PM							
5:00 PM							
5:30 PM			Aqua Aerobics 5:30 - 6:30 (Becky)		Aqua Aerobics 5:30 - 6:30 (Becky)		
6:00 PM							
6:30 PM			Open Swim 6:30 - 9:00		Open Swim 6:30 - 9:00		
7:00 PM							

### **Aqua Aerobics**

Aqua Aerobics is one hour of various aerobic exercises in the water.

\*\*\*The pool will be closed during Aqua classes. Aqua classes will have a maximum of 12 participants only.

\*\*\*Signups for Aqua classes will be available at the front desk and on The Summit app.

***PLEASE NOTE- ALL AEROBIC CLASSES: You must be 18 years of age or older unless accompanied by an adult.***

### **Open Swim**

For everyone's use of the pool. A parent or legal guardian *must* directly supervise all children under the age of 12. **Those under 12 years of age may not be in the Whirlpool or Sauna.** During Open Swim we ask families to use the Walk Only lane.

### **Adult Swim- No Children Allowed in the Pool area**

For those 18 years of age or older. Lap swimmers are asked to use the left or middle lane, water walkers are asked to use the left or right lane. Personal Swim Lessons for children may be scheduled during Adult Swim time.

### **Please Note:**

**The Lifeguard has the authority to direct and move lap swimmers and walkers to the appropriate lanes. Alterations in lane availability may be made during scheduled activities.**