

The Summit Tennis & Athletic Club
Aquatics Schedule- October 1 to May 31

	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			Aqua Aerobics 9:00 - 10:00 (Cristi)		Aqua Aerobics 9:00 - 10:00 (Cristi)			
10:00 AM		Aqua Aerobics 10:00 - 11:00 (Margot)	Open Swim 10:00 - 5:30	Aqua Aerobics 10:00-11:00 (Jess)	Open Swim 10:00 - 5:30	Aqua Aerobics 10:00 - 11:00 (Jess)	Open Swim 10:00 - 6:00	
11:00 AM	Open Swim 11:00 - 8:00	Adult Swim 11:00-12:00		Open Swim 11:00 - 8:00		Adult Swim 11:00-12:00		
11:30 AM								
12:00 PM		Open Swim 12:00-5:45		<u>Evening Action</u> <u>Hours</u> <u>4:30-7:30</u>		Open Swim 12:00 - 9:00		
12:30 PM								
4:30PM								
5:00 PM								
5:30 PM		Aqua Aerobics 5:45 - 6:45 (Andrea)	Aqua Aerobics 5:30 - 6:30 (Becky)		Aqua Aerobics 5:30 - 6:30 (Becky)			
6:00 PM								
6:30 PM		Open Swim 6:45 - 8:00	Open Swim 6:30 - 8:00		Open Swim 6:30 - 8:00			
7:00 PM								
8:00 PM		Adult Swim 8:00 -10:00	Adult Swim 8:00 - 10:00	Adult Swim 8:00 - 10:00	Adult Swim 8:00 - 10:00			
9:00 PM								

Aqua Aerobics

Aqua Aerobics is one hour of various aerobic exercises in the water. There will be 2 lanes used for Aerobics. The left lane will be open for lap swimmers and water walkers. The pool will be closed during Mon, Wed, Fri morning Aqua Aerobics.

PLEASE NOTE- ALL AEROBIC CLASSES: You must be 18 years of age or older unless accompanied by an adult. During Aqua Aerobics the pool area follows Adult Swim guidelines.

The Lifeguard has the authority to direct and move swimmers and walkers to the appropriate lanes.

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.