



# Pool Schedule



Effective May 1, 2011

POOL	MON	TUE	WED	THU	FRI	SAT	SUN
5:00am	Lap Swim (5 – 9 am)	Lap Swim (5 – 9 am)	Lap Swim (5 – 9 am)	Lap Swim (5 – 9 am)	Lap Swim (5 – 9 am)		
7:00am						Lap Swim (7 – 9am)	Lap Swim (7am – 9am)
9:00am	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Free Swim (9am – 1pm)
9:45am					Free Swim (9:45am – 5:00pm)		
10:00am	Free Swim (10am – 6:30pm)		Free Swim (10am – 6:30pm)			Swimming Lessons/ Lap Swim One Lane Only (10am – 1pm)	
10:15am		Aqua Arthritis		Aqua Arthritis			
11:00am		Free Swim (11am – 4pm)		Free Swim (11am – 4pm)			
1:00pm						Free Swim (1 – 4:45pm) Birthday Parties*	Free Swim (1 – 4:45pm) Birthday Parties*
4:00pm		Swimming Lessons/ Lap Swim (4 – 6:30pm)		Swimming Lessons/ Lap Swim (4 – 6:30pm)			
5:00pm					Aqua Fit		
6:00pm					Lap Swim (6:00 – 9:45pm) Birthday Parties*		
6:30pm	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit			
7:30pm	Lap Swim (7:30 – 9:45pm)	Lap Swim (7:30 – 9:45pm)	Lap Swim (7:30 – 9:45pm)	Lap Swim (7:30 – 9:45pm)			

\*Please call for our current Birthday Party Schedule.

**375 East Cedar Street • Newington, CT • 860-666-8451 • [www.healthtrax.com](http://www.healthtrax.com)**  
**Center Hours:** Mon-Thurs: 5:00am – 10:00pm/Fri: 5:00am – 9:00pm/Sat & Sun 7:00am – 5:00pm