

# HOLLYWOOD HEALTH CLUB & SKUDIN SWIM POOL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:10am-8:10am	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
8:10-8:50am	WATER AEROBICS	SWIM LESSONS	WATER AEROBICS	WATER AEROBICS	WATER AEROBICS
9:00am-1:30pm	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS
10:00am-12:00p	SWIM PASS	SWIM PASS	SWIM PASS	SWIM PASS	SWIM PASS
1:30-2:30pm	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
2:30-6:10pm	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS
6:10pm-7pm	Family Swim/ Pool Care	Family Swim/ Pool Care	Family Swim/ Pool Care	Family Swim/ Pool Care	Family Swim/ Pool Care
7pm-9pm	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM

TIME	SATURDAY
6:10am-8:10am	OPEN SWIM
8:20am-5:30pm	SWIM LESSONS
2:15-4:15pm	SWIM PASS
5:00-7:00pm	OPEN SWIM

TIME	SUNDAY
6:10am-10:00am	OPEN SWIM
9:00am-11:00am	FAMILY SWIM (no pool care)
11:00am-3:00pm	SWIM LESSONS
3:15-5:15pm	SWIM PASS
5:00-7:00pm	OPEN SWIM

## 1. SWIM PASS

Enjoy our heated pool with your children! 2 Hours, 7 days/week. **PARENTS ARE REQUIRED TO BE IN THE WATER FOR ALL CHILDREN AGES 6 AND YOUNGER.** Purchase Swim Pass at Hollywood front desk

## 2. WATER AEROBICS

Our Aquatic Director Beth Skudin taught the first Water Aerobics at the Hollywood Health Club in the 80s & 90s. Start your day with a water resistance workout ideal for strengthening joints and toning muscle. 45 Minute workout of all the best Aquacise techniques and 80s music playlists **FREE! NO SIGNUP NECESSARY!**

## 3. POOL-CARE

Go for a workout and drop off your child to Swim! With 1 Lifeguard on Duty and a maximum capacity of 10 children of ages 6 and up. \$10 per pool-care for Hollywood Members Only.

**[CLICK HERE TO SIGN UP](#)**

## 4. FAMILY SWIM

Bring your family to swim! At least one family member must be a registered Hollywood member to come. Parents are **REQUIRED** to be in the water with their children for safety reasons. **FREE FOR MEMBERS!** (Enter code "hollywood" at checkout) **[CLICK HERE TO SIGN UP](#)**

**SKUDIN SWIM**

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**Skudinswim.com**



**Hollywood Health Club**

265 East Park Avenue, Long Beach, NY 11561

**SKUDIN SWIM & HOLLYWOOD HEALTH CLUB**

Skudin Swim is excited to announce that we will be providing a variety of swim lessons, safety courses and birthday parties at the newly reopened Hollywood Health Club in Long Beach, NY! Our Aquatics Director, Beth Skudin, worked at Hollywood in the 1980s and she is excited to be back offering the following programs, all under the strictest of COVID-19 safety protocols.

- WATER AEROBICS:** All ages & abilities, water resistance exercises
- POOL-CARE:** Ages 6 & up, day-care for Hollywood members in the pool
- FAMILY SWIM:** Bring your children to swim with you!

The pool at Hollywood Health Club will become the primary facility for all Skudin Swim aquatic programs running throughout the day. While membership is not required to participate in any program, Hollywood Health Club members will receive special discounted pricing on all Skudin Swim programs. We are also thrilled to offer a warmer, less intimidating pool for infants and toddlers to get acquainted with the water. We're excited for this opportunity to serve our community, offering aquatic programs with the highest of teaching and COVID-19 safety standards. Together with our partners at Hollywood Health Club, we hope you'll join us at the pool soon, where for us, water is home!

More detailed information about the programs being offered by Skudin Swim at Hollywood Health Spa is available on our website [www.skudinswim.com](http://www.skudinswim.com). You can also call us directly at 516-978-SWIM (7946) or [INFO@Skudinswim.com](mailto:INFO@Skudinswim.com)

Very Respectfully,

Woodward L. Skudin, CEO of Skudin Swim Inc.