



January 8 – March 10, 2012

Hollander Aquatics Center Main Pool Schedule (SUBJECT TO CHANGE)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 am – 2:00 pm Open/Lap Swim (6)	5:30 am – 4:10 pm Open/Lap Swim (6)	5:30 am – 4:30 pm Open/Lap Swim (6)	5:30 am - 9:15 am Open/Lap Swim (6)	5:30 am – 4:10 pm Open/Lap Swim (6)	5:30 am – 6:30 am Open/Lap Swim (6)	7:30 am – 9:30 am Open/Lap Swim (6)
2:00pm – 3:30pm Swim Team (3) LAP ONLY (3)	4:10 pm – 5:15 pm Children Lessons (3) LAP ONLY (3)	4:30 pm – 6:30 pm Swim Team (2) LAP ONLY (4)	9:15 am – 10:00 am Deep Water Running (2) Open/Lap Swim (4)	4:10 pm – 4:30 pm Children's Lessons (1) Open/Lap Swim (5)	6:30 am – 7:15 am Deep Water Running (2) Open/Lap Swim (4)	9:30 am - 10:15 am Deep Water Running (2) Program (1) LAP ONLY (3)
3:30 pm – 5:45 pm Open/Lap Swim (6)	5:15 pm – 6:00 pm Children Lessons (2) Open/Lap Swim (4)	6:30 pm – 7:30 pm Swim Team (6)	10:00 am – 4:10 pm Open/Lap Swim (6)	4:30 pm – 5:00 pm Children's Lessons (1) Swim Team (2) LAP ONLY (3)	7:15 am – 4:30 pm Open/Lap Swim (6)	10:15 am – 11:30 am Program (1) Open/Lap Swim (5)
	6:00 pm – 6:30 pm Swim Team (2) Open/Lap Swim (4)	7:30 pm – 8:30 pm Swim Team (3) LAP ONLY (3)	4:10 pm – 5:15 pm Children Lessons (3) LAP ONLY (3)	5:00 pm – 6:30 pm Swim Team (2) Open/Lap Swim (4)	4:30 pm – 5:30 pm Swim Team (2) Open/Lap Swim (4)	11:30am - 1:00pm Swim Team (3) LAP ONLY (3)
	6:30 pm – 7:30 pm Swim Team (6)	8:30 pm – 9:15 pm Open/Lap Swim (6)	5:15 pm – 6:00 pm Children Lessons (2) LAP ONLY (4)	6:30 pm – 7:30 pm Swim Team (6)	5:30 pm – 7:15 pm Swim Team (3) Program (1) LAP ONLY (2)	1:00 pm - 5:45 pm Open/Lap Swim (6)
	7:30 pm – 8:30 pm Swim Team (3) LAP ONLY (3)		6:00 pm – 6:30 pm Swim Team (2) Open/Lap Swim (4)	7:30 pm – 8:30 pm Swim Team (3) LAP ONLY (3)		
	8:30 pm – 9:15 pm Open/Lap Swim (6)		6:30 pm – 7:30 pm Swim Team (6)	8:30 pm – 9:15 pm Open/Lap Swim (6)		
			7:30 pm – 8:30 pm Swim Team (3) LAP ONLY (3)			
			8:30 pm – 9:15 pm Open/Lap Swim (6)			

() indicates number of lanes.

Open Swim = lanes available for personal exercise and families.

Lap Only = 15 years old and older



January 8 - March 10, 2012

Hollander Aquatics Center Training Pool Schedule (subject to change)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 am – 8:00 am Open Deep Depth Adults Only (4ft)	5:30 am - 9:15 am Open Deep Depth	5:30 am – 9:25 am Open Deep Depth	5:30 am – 9:55 am Open Deep Depth	5:30 am – 9:25 am Open Deep Depth	5:30 am - 9:10 am Open Deep Depth	7:30 am - 8:55 am Open Deep Depth Adults Only (4 ft)
8:00 am – 8:30 am Toddler 2	9:15 am - 10:00 am Cardio Splash Plus	9:30 am - 10:15 am Cardio Splash	10:00 am - 10:45 am Yoqua	9:30 am - 10:15 am Interval Splash	9:15 am - 10:00 am Cardio Splash	9:00 am - 12:00 pm Program
8:30 am – 9:00 am Minnows 1 & 3	10:00 am – 10:45 am Cardio Splash	10:15 am – 11:00 am Cardio Splash	10:45 am – 11:30 am Cardio Splash	10:15 am – 11:00 am Interval Splash	10:00 am – 10:45 am Cardio Splash	12:00 pm - 5:00 pm Open Shallow Depth (2-3 ft)
9:00 am - 9:30 am Toddler 2	10:50 am - 11:30 am Open Shallow Depth (2ft)	11:00 am – 11:45 am Arthritis Water Exercise	11:30 am – 12:00 pm Toddler 2	11:00 am – 11:45 am Arthritis Water Exercise	10:45 am - 11:30 am Open Deep Depth (4 ft)	5:00 pm - 5:45 pm Open Deep Depth (3 ½ - 4 ft)
9:30 am - 10:05 am Minnows 1 & 2	11:35 am - 12:40 pm Open Deep Depth (4 ½ ft)	12:00 pm – 12:40 pm Open Deep Depth (4 ½ ft)	12:05 pm - 1:10 pm Open Deep Depth (4½ft)	12:00 pm – 12:55 pm Open Deep Depth (4 ½ ft)	11:30 am - 12:25 pm Open Deep Depth (4 ½ ft)	
10:15 am – 11:00 am Cardio Splash	12:45 pm – 1:20 pm Minnows 1 & 2	12:45 pm – 1:15 pm Minnows 1	1:15 pm – 2:15 pm ECC Program	1:00 pm – 1:35 pm Minnows 3	12:30 pm – 1:00 pm Open Shallow Depth (2-3 ft)	
11:00 am - 11:30 am Toddler 3	1:25 pm - 2:00 pm Minnows 2 & 3	1:15 pm - 2:45 pm ECC Program	2:15 pm – 2:35 pm Open Shallow Depth (2-3 ft)	1:40 pm – 2:15 pm Minnows 2	1:00 pm - 1:35 pm Minnows 1 & 2	
11:30 am – 12:00 pm Toddler 1	2:05 pm - 2:40 pm Minnows 3/4	2:45 pm – 3:25 pm Open Shallow Depth (2-3ft)	2:40 pm – 3:30 pm Children's Lessons	2:20 pm – 2:55 pm Minnows 1	1:40 pm - 2:15 pm Minnows 1 & 3	
12:00 pm – 1:00 pm Open Shallow Depth (2-3 ft)	2:45 pm - 3:25 pm Open Deep Depth (3 ½ ft)	3:30 pm – 4:05 pm Minnows 1 & 2	3:30 pm – 4:05 pm Minnows 1 & 3	2:55 pm – 3:30 pm Open Shallow Depth (2-3 ft)	2:20 pm – 4:15 pm Open Shallow Depth (2-3ft)	
1:00 pm - 1:50 pm Children's Lesson	3:30 pm – 4:05 pm Minnows 1 & 3	4:10 pm - 5:00 pm Children's Lessons	4:10 pm – 5:00 pm Children's Lessons	3:30 pm – 4:05 pm Minnows 1	4:15 pm – 4:45 pm Kid's Korner	
1:50 pm - 5:00 pm Open Shallow Depth (2-3 ft)	4:10 pm - 5:00 pm Children's Lessons	5:00 pm – 5:30 pm Open Shallow Depth (2-3ft)	5:00 pm – 9:15 pm Open Shallow Depth (2-3ft)	4:10 pm - 5:00 pm Children's Lessons	4:45 pm – 5:30 pm Open Shallow Depth (2-3ft)	
5:00 pm - 5:45 pm Open Deep Depth (3-4ft)	5:00 pm – 5:40 pm Open Shallow Depth (2-3ft)	5:30 pm – 6:00 pm Toddler 2		5:00 pm – 5:40 pm Open Shallow Depth (2-3ft)	5:30 pm – 7:15 pm Program	
	5:45 pm – 6:30 pm Cardio Splash	6:10 pm – 7:00 pm Level 1		5:45 pm – 6:30 pm Cardio Splash		
	6:30 pm – 7:10 pm Adult Learn to Swim	7:00 pm – 9:15 pm Open Shallow Depth		6:30 pm - 9:15 pm Open Deep Depth		
	7:10 pm - 9:15 pm Open Deep Depth					

Saturday and Sunday
3:00 pm – 4:00 pm
 Pool may be closed for parties.
 Please call:
 Member Services
 Center