<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 am - 9:40 am Open/Lap Swim (6)</td>
<td>5:30 am - 4:10 pm Open/Lap Swim (6)</td>
<td>5:30 am - 5:00 pm Open/Lap Swim (6)</td>
<td>5:30 am - 9:05 am Open/Lap Swim (6)</td>
<td>5:30 am - 6:00 am Open/Lap Swim (6)</td>
<td>5:30 am - 6:40 am Open/Lap Swim (6)</td>
<td>7:30 am - 8:30 am Swim Team (4)</td>
</tr>
<tr>
<td>9:40 am - 10:10 am Super Splash Party (2)</td>
<td>4:10 pm - 5:00 pm Children’s Lessons (2)</td>
<td>5:00 pm - 5:45 pm Swim Team (3)</td>
<td>9:10 am - 9:55 am Deep Water Running (2)</td>
<td>6:00 am - 7:00 am Swim Team (3)</td>
<td>6:45 am - 7:30 am Swim Team (2)</td>
<td>[NO PRACTICE 3/14]</td>
</tr>
<tr>
<td>[3/1 ONLY] TEEN/ADULT LAP ONLY (4)</td>
<td>Children’s Classes (1)</td>
<td>5:00 pm - 5:45 pm Swim Team (4)</td>
<td>Deep Water Running (2)</td>
<td>Deep Water Running (2)</td>
<td>[NO PRACTICE 3/14]</td>
<td>TEEN/ADULT LAP ONLY (2)</td>
</tr>
<tr>
<td>10:10 am - 5:45 pm Open/Lap Swim (6)</td>
<td>Swim Team (2)</td>
<td>5:45 pm - 6:00 pm Swim Team (4)</td>
<td>Open/Lap Swim (4)</td>
<td>Open/Lap Swim (4)</td>
<td>8:30 am - 8:55 am Open/Lap Swim (6)</td>
<td>[NO PRACTICE 3/14]</td>
</tr>
<tr>
<td></td>
<td>Children’s Classes (1)</td>
<td>5:45 pm - 6:00 pm Swim Team (4)</td>
<td>10:00 am - 4:10 pm Open/Lap Swim (6)</td>
<td>7:00 am - 5:00 pm Open/Lap Swim (6)</td>
<td>7:35 am - 5:30 pm Open/Lap Swim (6)</td>
<td>[NO PRACTICE 3/14]</td>
</tr>
<tr>
<td></td>
<td>TEEN/ADULT LAP ONLY (4)</td>
<td>4:10 pm - 5:00 pm Children’s Lessons (2)</td>
<td>5:00 pm - 5:45 pm Swim Team (3)</td>
<td>5:00 pm - 5:45 pm Swim Team (3)</td>
<td>5:30 pm - 6:15 pm Program (1)</td>
<td>[NO PRACTICE 3/14]</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6:00 pm - 6:00 pm Children’s Classes (2)</td>
<td>5:00 pm - 5:45 pm Swim Team (3)</td>
<td>5:45 pm - 6:00 pm Swim Team (4)</td>
<td>Swim Team (4)</td>
<td>[NO PRACTICE 3/14]</td>
</tr>
<tr>
<td>5:10 pm - 6:00 pm SWIM TEAM ONLY (4)</td>
<td>8:00 pm - 9:00 pm Swim Team (5)</td>
<td>5:10 pm - 6:00 pm Swim Team (4)</td>
<td>5:45 pm - 6:00 pm Swim Team (4)</td>
<td>5:45 pm - 6:00 pm Swim Team (4)</td>
<td>6:00 am - 10:30 am Program (1)</td>
<td>[NO PRACTICE 3/14]</td>
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<td>7:30 pm - 9:00 pm</td>
<td>9:00 pm - 9:15 pm Open/Lap Swim (6)</td>
<td>6:00 pm - 6:45 pm Swim Team (4)</td>
<td>6:15 pm - 7:15 pm Swim Team (4)</td>
<td>6:00 am - 10:30 am Program (1)</td>
<td>[NO PRACTICE 3/14]</td>
<td>TEEN/ADULT LAP ONLY (4)</td>
</tr>
<tr>
<td>9:00 pm - 9:15 pm Open/Lap Swim (6)</td>
<td>5:00 pm - 5:00 pm Open/Lap Swim (6)</td>
<td>9:00 pm - 11:30 pm Open/Lap Swim (4)</td>
<td>8:00 pm - 9:00 pm Swim Team (5)</td>
<td>6:00 am - 10:30 am Program (1)</td>
<td>[NO PRACTICE 3/14]</td>
<td>TEEN/ADULT LAP ONLY (2)</td>
</tr>
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<td>9:00 pm - 9:15 pm Open/Lap Swim (6)</td>
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<td>[NO PRACTICE 3/14]</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>6:45 pm - 7:30 pm Swim Team (5)</td>
<td>9:00 pm - 9:15 pm Open/Lap Swim (6)</td>
<td>6:00 am - 10:30 am Program (1)</td>
<td>[NO PRACTICE 3/14]</td>
<td>TEEN/ADULT LAP ONLY (4)</td>
</tr>
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<td></td>
<td>7:30 pm - 8:45 pm SWIM TEAM ONLY (6)</td>
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<td>6:00 am - 10:30 am Program (1)</td>
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</tr>
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<td></td>
<td></td>
<td>8:45 pm - 9:15 pm Open/Lap Swim (6)</td>
<td></td>
<td>6:00 am - 10:30 am Program (1)</td>
<td>[NO PRACTICE 3/14]</td>
<td>[NO PRACTICE 3/14]</td>
</tr>
</tbody>
</table>

( ) indicates number of lanes.
Open Swim = lanes available for personal exercise and families.
Teen/Adult Lap only = any person ages 13 and older swimming full laps

Updated 2/27/2020
March 1, 2020 – March 14, 2020
Hollander Aquatics Center Training Pool Schedule (SUBJECT TO CHANGE)

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>
| 7:30 am - 7:55 am  
Open Deep Depth  
Adults Only (4ft) | 5:30 am - 8:00 am  
Open Deep Depth  
(4 ¼ ft) | 5:30 am - 8:00 am  
Open Deep Depth  
(4 ¼ ft) | 5:30 am - 8:00 am  
Open Deep Depth  
(4 ¼ ft) | 5:30 am - 8:00 am  
Open Deep Depth  
(4 ¼ ft) | 5:30 am - 8:00 am  
Open Deep Depth  
(4 ¼ ft) | 7:30 am - 8:00 am  
Open Deep Depth  
Adults Only (4ft) |
| 8:00 am - 8:30 am  
Toddler 1 | 8:00 am - 9:05 am  
Open Deep Depth  
(3 ¼ - 4 ft) | 8:00 am - 9:10 am  
Open Deep Depth  
(3 ¼ - 4 ft) | 8:00 am - 9:05 am  
Open Deep Depth  
(3 ¼ - 4 ft) | 8:00 am - 9:05 am  
Open Deep Depth  
(3 ¼ - 4 ft) | 8:00 am - 9:05 am  
Open Deep Depth  
(3 ¼ - 4 ft) | 8:05 am - 8:55 am  
Open Shallow Depth  
(2-3 ft) |
| 8:30 am - 9:00 am  
Minnows 1 | 9:10 am - 9:55 am  
Deep Tabata Training | 9:15 am - 9:55 pm  
Open Shallow Depth  
(2-3 ft) | 10:00 am - 10:45 am  
Cardio Splash | 10:10 am - 10:55 am  
Super Splash Party  
[3/1 & ONLY]  
Cardio Splash  
[3/8 & ONLY] | 9:00 am - 9:30 am  
Toddler 2 | 12:00 pm  
Open Shallow Depth  
(2 ft) |
| 9:00 am - 9:30 am  
Toddler 2 | 10:00 am - 10:45 am  
Cardio Splash | 10:00 am - 10:45 am  
Cardio Splash | 10:00 am - 10:45 am  
Cardio Splash | 10:00 am - 10:45 am  
Cardio Splash | 10:00 am - 10:45 am  
Cardio Splash | 12:40 pm  
Open Shallow Depth  
(2 ft) |
| 9:30 am - 10:05 am  
Minnows 1 & 2 | 10:50 am - 12:00 pm  
Open Shallow Depth  
(2 ft) | 11:00 am - 11:45 am  
Water Walking | 11:30 am - 12:00 pm  
Toddler 2 | 11:00 am - 11:30 am  
Minnows 1 & 2 | 11:00 am - 11:30 am  
Minnows 1 & 2 | 12:00 pm  
Open Shallow Depth  
(2-3 ft) |
| 10:10 am - 10:55 am  
Super Splash Party  
[3/1 & ONLY]  
Cardio Splash  
[3/8 & ONLY] | 12:00 pm - 12:40 pm  
Open Deep Depth | 11:55 am - 1:15 pm  
Open Deep Depth  
(4 ft) | 12:05 pm - 1:00 pm  
Open Deep Depth  
(4 ft) | 12:05 pm - 1:00 pm  
Open Deep Depth  
(4 ft) | 12:05 pm - 1:00 pm  
Open Deep Depth  
(4 ft) | 1:00 pm  
Open Shallow Depth  
(2-3 ft) |
| 11:00 am - 11:30 am  
Minnows 1 & 2 |
| 11:30 am - 12:00 pm  
Toddler 3 |
| 12:00 pm - 1:00 pm  
Open Shallow Depth  
(2-3 ft) |
| 1:00 pm - 1:50 pm  
Children’s Classes |
| 2:00 pm - 2:50 pm  
Children’s Classes |
| 2:50 pm - 3:55 pm  
Open Shallow Depth | 5:00 pm - 6:25 pm  
Open Shallow Depth  
(2-3ft) | 6:30 pm - 7:15 pm  
Aqua Dance | 7:15 pm - 9:15 pm  
Open Deep Depth | 7:15 pm - 9:15 pm  
Open Deep Depth |
| 3:00 pm - 4:05 pm  
Minnows 1 | 4:05 pm - 5:00 pm  
Children’s Classes |
| 4:10 pm - 5:00 pm  
Children’s Classes |
| 5:00 pm - 6:25 pm  
Open Shallow Depth  
(2-3ft) | 6:35 pm - 8:00 pm  
Open Deep Depth  
(4ft) | 8:05 pm - 9:15 pm  
Open Deep Depth  
(4 ¾ ft) |
| 6:30 pm - 7:15 pm  
Aqua Dance |
<p>| Updated 2/27/2020 |</p>
<table>
<thead>
<tr>
<th>Sunday 15</th>
<th>Monday 16</th>
<th>Tuesday 17</th>
<th>Wednesday 18</th>
<th>Thursday 19</th>
<th>Friday 20</th>
<th>Saturday 21</th>
</tr>
</thead>
</table>
| 7:30 am - 7:55 am  
Open Deep Depth  
Adults Only (4ft)  | 5:30 am - 8:00 am  
Open Deep Depth  
(4 ¼ ft)  | 5:30 am - 8:00 am  
Open Deep Depth  
(4 ¼ ft)  | 5:30 am - 8:00 am  
Open Deep Depth  
(4 ¼ ft)  | 5:30 am - 8:00 am  
Open Deep Depth  
(4 ¼ ft)  | 5:30 am - 8:00 am  
Open Deep Depth  
(4 ¼ ft)  | 7:30 am - 8:00 am  
Open Deep Depth  
Adults Only (4ft)  |
| 8:00 am - 8:30 am  
Toddler 1 | 8:00 am - 9:05 am  
Open Deep Depth  
(3 ¾ - 4 ft) | 8:00 am - 9:10 am  
Open Deep Depth  
(3 ¾ - 4 ft) | 8:00 am - 9:55 am  
Open Deep Depth  
(3 ¾ - 4 ft) | 8:00 am - 9:05 am  
Open Deep Depth  
(3 ¾ - 4 ft) | 8:00 am - 9:05 am  
Open Shallow Depth  
(2 ½ ft) | 8:05 am - 8:55 am  
Open Shallow Depth  
(2-3 ft) |
| 8:30 am - 9:00 am  
Minnows 1 | 9:10 am - 9:55 am  
Deep Tabata Training | 9:15 am - 9:55 pm  
Open Shallow Depth  
(2-3 ft) | 10:00 am - 10:45 am  
Cardio Splash | 10:00 am - 10:45 am  
Cardio Splash | 10:00 am - 10:45 am  
Cardio Splash | 8:05 am - 9:05 am  
Open Shallow Depth  
(2-3 ft) |
| 9:00 am - 9:30 am  
Toddler 2 | 10:00 am - 10:45 am  
Cardio Splash | 10:00 am - 10:45 am  
Cardio Splash | 10:00 am - 10:45 am  
Cardio Splash | 10:00 am - 10:45 am  
Cardio Splash | 10:00 am - 10:45 am  
Cardio Splash | 8:05 am - 9:05 am  
Open Shallow Depth  
(2-3 ft) |
| 9:30 am - 10:05 am  
Minnows 1 & 2 | 11:00 am - 11:45 am  
Water Walking | 11:55 am - 1:15 pm  
Open Deep Depth  
(4 ft) | 12:05 pm - 12:40 pm  
Minnows 1 | 1:00 pm – 1:35 pm  
Minnows 2 | 1:40 pm - 3:25 pm  
Minnows 1 | 9:00 am - 12:00 pm  
Program |
| 10:10 am - 10:55 am  
Cardio Splash | 12:15 pm - 12:40 pm  
Minnows 1 & 2 | 12:45 pm - 1:20 pm  
Minnows 1 & 2 | 1:20 pm - 2:20 pm  
ECC Program | 1:10 pm - 2:10 pm  
ECC Program | 1:40 pm - 2:15 pm  
Minnows 1 | 12:05 pm - 12:45 pm  
Open Shallow Depth  
(2-3 ft) |
| 11:00 am - 11:30 am  
Minnows 1 & 2 | 1:25 pm - 2:00 pm  
Minnows 2 | 1:25 pm - 2:00 pm  
Minnows 2 | 2:20 pm - 3:30 pm  
Open Shallow Depth  
(2-3 ft) | 2:20 pm - 3:30 pm  
Open Shallow Depth  
(2-3 ft) | 2:40 pm - 3:10 pm  
Minnows 1 | 1:20 pm - 2:00 pm  
ECC Program |
| 11:30 am - 12:00 pm  
Toddler 3 | 2:00 pm - 2:40 pm  
Minnows 3 | 2:00 pm - 2:40 pm  
Minnows 3 | 3:30 pm - 4:05 pm  
Minnows 1 | 3:30 pm - 4:05 pm  
Minnows 1 | 3:15 pm - 4:05 pm  
Children’s Classes | 2:40 pm - 3:10 pm  
Minnows 1 |
| 12:00 pm - 1:00 pm  
Open Shallow Depth  
(2-3 ft) | 2:40 pm - 3:25 pm  
Open Shallow Depth  
(2-3 ft) | 2:40 pm - 3:25 pm  
Open Shallow Depth  
(2-3 ft) | 4:05 pm - 6:30 pm  
Open Shallow Depth  
(2-3 ft) | 4:05 pm - 6:30 pm  
Open Shallow Depth  
(2-3 ft) | 3:15 pm - 4:05 pm  
Children’s Classes | 4:10 pm - 5:00 pm  
Children’s Classes |
| 1:00 pm - 1:50 pm  
Children’s Classes | 3:30 pm - 4:05 pm  
Minnows 1 | 3:30 pm - 4:05 pm  
Minnows 1 | 5:00 pm - 6:25 pm  
Open Shallow Depth  
(2-3 ft) | 5:00 pm - 6:25 pm  
Open Shallow Depth  
(2-3 ft) | 4:10 pm - 5:00 pm  
Children’s Classes | 5:00 pm - 6:25 pm  
Open Shallow Depth  
(2-3 ft) |
| 2:00 pm - 2:50 pm  
Children’s Classes | 4:10 pm - 5:00 pm  
Children’s Classes | 4:10 pm - 5:00 pm  
Children’s Classes | 6:35 pm - 8:00 pm  
Open Deep Depth  
(4 ft) | 6:35 pm - 8:00 pm  
Open Deep Depth  
(4 ft) | 6:35 pm - 8:00 pm  
Open Shallow Depth  
(2-3 ft) | 6:35 pm - 8:00 pm  
Open Deep Depth  
(4 ft) |
| 2:50 pm - 3:55 pm  
Open Shallow Depth  
(2-3 ft) | 5:00 pm - 6:25 pm  
Open Shallow Depth  
(2-3 ft) | 5:00 pm - 6:25 pm  
Open Shallow Depth  
(2-3 ft) | 8:05 pm - 9:15 pm  
Open Deep Depth  
(4 ½ ft) | 8:05 pm - 9:15 pm  
Open Deep Depth  
(4 ½ ft) | 8:05 pm - 9:15 pm  
Open Deep Depth  
(4 ½ ft) | 6:35 pm - 8:00 pm  
Open Deep Depth  
(4 ½ ft) |
| 4:00 pm - 4:30 pm  
Toddler 2 | 6:30 pm - 7:15 pm  
Aqua Dance | 6:30 pm - 7:15 pm  
Aqua Dance | 7:15 pm - 9:15 pm  
Open Deep Depth | 7:15 pm - 9:15 pm  
Open Deep Depth | 7:15 pm - 9:15 pm  
Open Deep Depth | 12:15 pm - 12:45 pm  
ECC Program |
| 4:30 pm - 5:45 pm  
Open Shallow Depth  
(2-3 ft) | 7:15 pm - 9:15 pm  
Open Deep Depth | 7:15 pm - 9:15 pm  
Open Deep Depth | 7:15 pm - 9:15 pm  
Open Deep Depth | 7:15 pm - 9:15 pm  
Open Deep Depth | 7:15 pm - 9:15 pm  
Open Deep Depth | 5:00 pm - 5:45 pm  
Open Deep Depth  
(4 ft) |

Updated 3/12/2020
### Hollander Aquatics Center Main Pool Schedule (SUBJECT TO CHANGE)

<table>
<thead>
<tr>
<th>Sunday 15</th>
<th>Monday 16</th>
<th>Tuesday 17</th>
<th>Wednesday 18</th>
<th>Thursday 19</th>
<th>Friday 20</th>
<th>Saturday 21</th>
</tr>
</thead>
</table>
| 7:30 am - 5:45 pm  
Open/Lap Swim (6) | 5:30 am - 4:10 pm  
Open/Lap Swim (6)  
4:10 pm - 5:00 pm  
Children’s Lessons (2)  
TEEN/ADULT LAP ONLY (4)  
5:00 pm - 6:00 pm  
Children’s Classes (1)  
TEEN/ADULT LAP ONLY (5)  
6:00 pm - 7:30 pm  
Open/Lap Swim (6)  
7:30 pm - 9:15 pm  
SWIM TEAM ONLY (6) | 5:30 am - 7:30 pm  
Open/Lap Swim (6)  
7:30 pm - 9:15 pm  
SWIM TEAM ONLY (6) | 5:30 am - 9:05 am  
Open/Lap Swim (6)  
9:10 am - 9:55 am  
Deep Water Running (2)  
Open/Lap Swim (4)  
10:00 am - 4:10 pm  
Open/Lap Swim (6)  
4:10 pm - 5:00 pm  
Children’s Lessons (2)  
TEEN/ADULT LAP ONLY (4)  
5:10 pm - 6:00 pm  
Children’s Classes (1)  
TEEN/ADULT LAP ONLY (5)  
6:00 pm - 9:15 pm  
Open/Lap Swim (6) | 5:30 am - 6:00 am  
Open/Lap Swim (6)  
6:00 am - 7:00 am  
Masters Swim (3)  
TEEN/ADULT LAP ONLY (3)  
7:00 am - 9:15 pm  
Open/Lap Swim (6) | 5:30 am - 6:40 am  
Open/Lap Swim (6)  
6:45 am - 7:30 am  
Deep Water Running (2)  
Open/Lap Swim (4)  
7:35 am - 5:30 pm  
Open/Lap Swim (6)  
5:30 pm - 6:15 pm  
Program (1)  
TEEN/ADULT LAP ONLY (5)  
6:15 pm - 7:15 pm  
Open/Lap Swim (6) | 7:30 am - 8:55 am  
Open/Lap Swim (6)  
9:00 am - 9:45 am  
Deep Water Running (2)  
TEEN/ADULT LAP ONLY (4)  
9:45 am - 10:30 am  
Program (1)  
Open/Lap Swim (5)  
10:30 am - 5:45 pm  
Open/Lap Swim (6) |

( ) indicates number of lanes.  
Open Swim = lanes available for personal exercise and families.  
Teen/Adult Lap only = any person ages 13 and older swimming full laps  

Updated 3/12/2020