



February 21 – March 26, 2010

Hollander Aquatics Center

Main Pool Schedule (SUBJECT TO CHANGE)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am – 4:45pm <ul style="list-style-type: none"> Open/Lap Swim (6) 	5:30am – 4:10pm <ul style="list-style-type: none"> Open/Lap Swim (6) 	5:30am – 6:45am <ul style="list-style-type: none"> Open/Lap Swim (6) 	5:30am - 9:15am <ul style="list-style-type: none"> Open/Lap Swim (6) 	5:30am – 4:00pm <ul style="list-style-type: none"> Open/Lap Swim (6) 	5:30am – 6:45am <ul style="list-style-type: none"> Open/Lap Swim (6) 	7:30am – 9:00am <ul style="list-style-type: none"> Open/Lap Swim (6)
	4:10pm – 5:00pm <ul style="list-style-type: none"> Children's Lessons (3) Adult Only Lap (3) 	6:45am - 7:30am <ul style="list-style-type: none"> Deep Water Running (2) Open/Lap Swim (4) 	9:15am – 10:00am <ul style="list-style-type: none"> Deep Water Running (2) Open/Lap Swim (4) 	4:10pm – 5:00pm <ul style="list-style-type: none"> Children's Lessons (1) Open/Lap Swim (5) 	6:45am – 7:30am <ul style="list-style-type: none"> Deep Water Running (2) Open/Lap Swim (4) 	9:00am – 10:30am <ul style="list-style-type: none"> Program (Lane 1) Open Lap Swim Lanes 2,3,4,5,6)
	5:00pm – 6:00pm <ul style="list-style-type: none"> Children's Lessons (1) Swim Team (3) Adult Only Lap (2) 	7:30am – 12:30pm <ul style="list-style-type: none"> Open/Lap Swim (6) 	10:00am – 4:00pm <ul style="list-style-type: none"> Open/Lap Swim (6) 	4:45 – 7:00pm <ul style="list-style-type: none"> Swim Team (3) Adult Only Lap (3) 	7:30am – 4:30pm <ul style="list-style-type: none"> Open/Lap Swim (6) 	10:30am – 11:15am Deep Water Running (2) Program (1) Open/Lap Swim (3)
Due to Sharks Home Swim Meets		12:30pm – 1:00pm <ul style="list-style-type: none"> Tri Drills (2) Open/Lap Swim (4) 	4:10pm – 5:00pm <ul style="list-style-type: none"> Children Lesson (3) Adult Only Lap (3) 	7:00 – 8:30pm <ul style="list-style-type: none"> Swim Team (4) Adult Only Lap (2) 	4:30 – 5:00 pm <ul style="list-style-type: none"> Swim Team (3) Adult Only Lap (3) 	12:00pm - 4:45pm <ul style="list-style-type: none"> Open/Lap Swim (6)
Pool Closed at 12:00pm on March 7	6:00pm – 7:00pm <ul style="list-style-type: none"> Swim Team (3) Adult Only Lap (3) 	1:00pm – 4:45pm <ul style="list-style-type: none"> Open/Lap Swim (6) 	5:10pm – 6:00pm <ul style="list-style-type: none"> Children Lesson (1) Lap swim (5) 	8:30 – 9:15pm <ul style="list-style-type: none"> Open/Lap Swim (6) 	5:00 – 5:30pm <ul style="list-style-type: none"> Swim Team (4) Adult Only Lap (2) 	
Closed all day on Feb 14	7:00 – 7:30pm <ul style="list-style-type: none"> Swim Team (3) Adult Only Lap (3) 	4:45 – 7:00pm <ul style="list-style-type: none"> Swim Team (3) Adult Only Lap (3) 	6:00pm – 6:30pm <ul style="list-style-type: none"> Open Lap Swim (6) 		6:30 – 9:15pm <ul style="list-style-type: none"> Open/Lap Swim (6) 	
	7:30 - 8:45pm <ul style="list-style-type: none"> Swim Team (4) Master Swim (1) Adult Only Lap (1) 	7:00 – 8:30pm <ul style="list-style-type: none"> Swim Team (4) Adult Only Lap (2) 	6:30 – 7:00pm <ul style="list-style-type: none"> Swim Team (3) Adult Only Lap (3) 		5:30 – 6:30pm <ul style="list-style-type: none"> Swim Team (3) Adult Only Lap (3) 	
	8:45 – 9:15pm Open/Lap Swim (6)	8:30 – 9:15pm <ul style="list-style-type: none"> Open/Lap Swim (6) 	7:00 – 8:30pm <ul style="list-style-type: none"> Swim Team (4) Adult Only Lap (2) 		6:30pm - 7:15pm <ul style="list-style-type: none"> Program (Lane 1) Open/Lap Swim (Lanes 2,3,4,5,6) 	
			8:30 – 9:15pm <ul style="list-style-type: none"> Open/Lap Swim (6) 			

() indicates number of lanes.

Open Swim = lanes available for personal exercise and families.

For up to date schedules, please visit our website at Mandelljcc.org



February 21 – March 26, 2010

Hollander Aquatics Center

Training Pool Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>7:30 – 7:55 am Open Deep Depth – Adults Only (4ft)</p> <p>8:00 – 8:30am Toddler 2</p> <p>8:30 – 9:00 am Minnows 1</p> <p>9:00 - 9:30 am Toddler 2</p> <p>9:30 -10:05 am Minnows 1 and 2</p> <p>10:15 – 11:00 am Cardio Splash</p> <p>11:00 - 11:30 am Toddler 1</p> <p>11:30 am –12:00 pm Toddler 3</p> <p>12:00 – 1:00 pm Open Shallow Depth (2-3 ft)</p> <p>1:00 - 1:50 pm Children's Lessons</p> <p>1:50 –4:00 pm Open Shallow Depth (2-3 ft)</p> <p>4:05 - 4:45 pm Open Deep Depth (3 ½ -4ft)</p>	<p>5:30 - 9:15 am Open Deep Depth</p> <p>9:15 - 10:00 am Cardio Splash Plus</p> <p>10:00 – 10:45 am Cardio Splash</p> <p>10:45 - 11:30 am Cardio Splash</p> <p>11:30 am - 12:00 pm Open Shallow Depth (2ft)</p> <p>12:00 - 12:40 pm Open Deep Depth (4 ½ ft)</p> <p>12:45 – 1:20 pm Minnows 1</p> <p>1:25 - 2:00 pm Minnow 3</p> <p>2:05 - 2:40 pm Minnows 2&3</p> <p>2:45 - 3:25 pm Open Shallow Depth (3 ½ ft)</p> <p>3:30 – 4:05 pm Minnows 1&2</p> <p>4:10 - 5:00 pm Children's Lessons</p> <p>5:00 - 5:40 pm Open Shallow Depth (2-3ft)</p> <p>5:45 – 6:30 pm Cardio Splash</p> <p>6:30 -7:00 pm Adult Learn to Swim</p> <p>7:00 – 9:15pm Open Deep Depth (3-4ft)</p>	<p>5:30 - 9:25 am Open Deep Depth</p> <p>9:30 - 10:15 am Cardio Splash</p> <p>10:15 – 11:00 am Cardio Splash</p> <p>11:00 –11:45 am Arthritis Water Exercise</p> <p>11:55 – 12:40 pm Open Deep Depth (4 ½ ft)</p> <p>12:45 - 1:15 pm Open Shallow Depth (2-3 ft)</p> <p>1:15 - 2:15 pm Pre-school Program</p> <p>2:15 – 3:25 pm Open Shallow Depth (2-3ft)</p> <p>3:30– 4:05 pm Minnows 1</p> <p>4:10 - 5:00 pm Children's Lessons</p> <p>5:00 – 6:00 pm Open Shallow Depth (2-3ft)</p> <p>6:00 – 9:15 pm Open Deep Depth (4 ft)</p>	<p>5:30 - 10:00 am Open Deep Depth</p> <p>10:00 - 10:45 am Yoqua</p> <p>10:45 – 11:30 am Cardio Splash</p> <p>11:30 – 12:00 pm Toddler 2</p> <p>12:05 - 12:45 pm Open Deep Depth (4½ft)</p> <p>12:45 - 1:15pm Open Shallow Depth (2-3ft)</p> <p>1:15 am - 1:45 pm Pre-school Program</p> <p>1:45 - 2:50 pm Open Shallow Depth (2-3 ft)</p> <p>2:50 -3:25 pm Minnows 2&3</p> <p>3:30 – 4:05 pm Minnows 1&2</p> <p>4:10 – 5:00 pm Children's Lessons</p> <p>5:00 –5:30 pm Open Shallow Depth (2 ½ ft)</p> <p>5:30 - 6:00 pm Toddler 2</p> <p>6:10 – 7:00 pm Children's Lessons</p> <p>7:00 – 9:15 pm Open Deep Depth (4ft)</p>	<p>5:30 - 9:25 am Open Deep Depth</p> <p>9:30 - 10:15 am Cardio Splash Plus</p> <p>10:15 – 11:00 am Cardio Splash</p> <p>11:00 – 11:45 am Arthritis Water Exercise</p> <p>11:50 pm – 12:30 pm Open Deep Depth (4 ½ ft)</p> <p>12:35 – 1:00 pm Open Shallow Depth (2 ¼ ft)</p> <p>1:00 – 1:35 pm Minnows 1</p> <p>1:40 – 2:15 pm Minnows 4</p> <p>2:20 – 2:55 pm Minnows 2</p> <p>2:55 - 3:30 pm Open Shallow Depth (2¼ ft)</p> <p>3:30 – 4:05 pm Minnows 1</p> <p>4:10 - 5:00 pm Children's Lessons</p> <p>5:00 – 5:40 pm Open Shallow Depth (2-3 ft)</p> <p>5:45 – 6:30 pm Kickin Splash</p> <p>6:35 - 9:15 pm Open Shallow Depth (2-3 ft)</p>	<p>5:30 - 9:10 am Open Deep Depth</p> <p>9:15 - 10:00 am Cardio Splash</p> <p>10:00 – 10:45 am Cardio Splash</p> <p>10:45 - 11:30 am Cardio Splash</p> <p>11:35 am -12:30 pm Open Deep Depth (4 ½ ft)</p> <p>12:35 –1:00 pm Open Shallow Depth (2-3 ft)</p> <p>1:00 - 1:35 pm Minnows 1&2</p> <p>1:40 - 2:15 pm Minnows</p> <p>2:20 – 4:25pm Open Shallow Depth (2-3ft)</p> <p>4:30 – 5:00 pm Kef Korner</p> <p>5:00 – 5:30 pm Open Shallow Depth (2-3ft)</p> <p>5:30 – 7:15 pm Program</p>	<p>7:30 - 8:55 am Open Deep Depth – Adults Only (4 ft)</p> <p>9:00 - 12:00 pm Program</p> <p>12:00 - 4:00 pm Open Shallow Depth (2-3 ft)</p> <p>4:05 - 4:45 pm Open Deep Depth (3 ½ - 4 ft)</p> <p>Saturday and Sunday 3 - 4 pm Pool may be closed for parties. Please call: Member Services Desk</p>