



January 6, 2019 – March 16, 2019

Hollander Aquatics Center Main Pool Schedule (SUBJECT TO CHANGE)

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|--|--|
| <p>7:30 am - 5:30 pm Open/Lap Swim (6)</p> <p>5:30 pm - 5:45 pm Swim Team (4) [No Practice 1/6, 1/27, 2/10] TEEN/ADULT LAP ONLY (2)</p> | <p>5:30 am - 4:10 pm Open/Lap Swim (6)</p> <p>4:10 pm - 5:00 pm Children's Lessons (2) TEEN/ADULT LAP ONLY (4)</p> <p>5:00 pm - 6:00 pm Swim Team (1) Children's Lessons (1) TEEN/ADULT LAP ONLY (4)</p> <p>6:00 pm - 7:00 pm Swim Team (4) TEEN/ADULT LAP ONLY (2)</p> <p>7:00 pm - 8:00 pm Swim Team (3) TEEN/ADULT LAP ONLY (3)</p> <p>8:00 pm - 9:15 pm Open/Lap Swim (6)</p> <p>SPECIAL SCHEDULE 1/21, 2/18</p> | <p>5:30 am - 5:00 pm Open/Lap Swim (6)</p> <p>5:00 pm - 6:45 pm Swim Team (4) TEEN/ADULT LAP ONLY (2)</p> <p>6:45 pm - 8:00 pm Swim Team (5) TEEN/ADULT LAP ONLY (1)</p> <p>8:00 pm - 9:15 pm Open/Lap Swim (6)</p> <p>SPECIAL SCHEDULE 2/19</p> | <p>5:30 am - 9:05 am Open/Lap Swim (6)</p> <p>9:10 am - 9:55 am Deep Water Running (2) Open/Lap Swim (4)</p> <p>10:00 am - 4:10 pm Open/Lap Swim (6)</p> <p>4:10 pm - 5:00 pm Children's Lessons (2) TEEN/ADULT LAP ONLY (4)</p> <p>5:10 pm - 6:00 pm Children's Lessons (2) Open/Lap Swim (4)</p> <p>6:00 pm - 6:45 pm Swim Team (4) TEEN/ADULT LAP ONLY (2)</p> <p>6:45 pm - 8:00 pm Swim Team (5) TEEN/ADULT LAP ONLY (1)</p> <p>8:00 pm - 9:15 pm Open/Lap Swim (6)</p> | <p>5:30 am - 5:00 pm Open/Lap Swim (6)</p> <p>5:00 pm - 6:45 pm Swim Team (4) TEEN/ADULT LAP ONLY (2)</p> <p>6:45 pm - 8:00 pm Swim Team (5) TEEN/ADULT LAP ONLY (1)</p> <p>8:00 pm - 9:15 pm Open/Lap Swim (6)</p> | <p>5:30 am - 6:40 am Open/Lap Swim (6)</p> <p>6:45 am - 7:30 am Deep Water Running (2) Open/Lap Swim (4)</p> <p>7:35 am - 5:00 pm Open/Lap Swim (6)</p> <p>5:00 pm - 5:30 pm Swim Team (3) TEEN/ADULT LAP ONLY (3)</p> <p>5:30 pm - 6:15 pm Program (1) Swim Team (3) [No Practice 1/25] TEEN/ADULT LAP ONLY (2)</p> <p>6:15 pm - 7:15 pm Open/Lap Swim (6)</p> | <p>7:30 am - 8:30 am Swim Team (4) [No Practice 1/5, 1/26, 2/9] TEEN/ADULT LAP ONLY (2)</p> <p>8:30 am - 8:55 am Open/Lap Swim (6)</p> <p>9:00 am - 9:45 am Deep Water Running (2) TEEN/ADULT LAP ONLY (4)</p> <p>9:45 am - 10:30 am Program (1) Open/Lap Swim (5)</p> <p>10:30 am - 11:00 am Open/Lap Swim (6)</p> <p>11:00 am - 1:00 pm Swim Team (4) [No Practice 1/5, 1/26, 2/9] TEEN/ADULT LAP ONLY (2)</p> <p>1:00 pm - 2:00 pm Swim Team (3) [No Practice 1/5, 1/26, 2/9] TEEN/ADULT LAP ONLY (3)</p> <p>2:00 pm - 5:45 pm Open/Lap Swim (6)</p> |



January 6, 2019 – March 16, 2019

Hollander Aquatics Center Training Pool Schedule (SUBJECT TO CHANGE)

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|--|--|
| 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 Open Shallow Depth (2 ½ ft) | 8:00 am - 9:05 am Open Deep Depth (3 ¾ - 4 ft) | 8:00 am - 9:55 am Open Deep Depth (3 ¾ - 4 ft) | 8:00 am - 9:55 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 Deep Depth (3 ¾ - 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 | 10:00 am - 10:45 am Cardio Splash | 10:00 am - 10:45 am Cardio Splash | 9:10 am - 9:55 am Cardio Splash | 9:10 am - 9:55 am Cardio Splash | 9:00 am - 12:00 pm Program |
| 9:00 am - 9:30 am Toddler 2 | 10:00 am - 10:45 am Cardio Splash | 11:00 am - 11:45 am Water Walking | 10:50 am - 11:25 am Open Shallow Depth (2 ft) | 10:00 am - 10:45 am Yoqua-lates | 10:00 am - 10:45 am Cardio Splash | 12:05 pm - 4:55 pm Open Shallow Depth (2-3 ft) |
| 9:30 am - 10:05 am Minnows 1 & 2 | 10:50 am - 12:05 pm Open Deep Depth (4 ¼ ft) | 11:55 am - 12:40 pm Open Deep Depth (4 ft) | 11:30 am - 12:00 pm Toddler 2 | 11:00 am - 11:45 am Water Walking | 10:50 am - 11:55 am Open Deep Depth (4 ft) | 5:00 pm - 5:45 pm Open Deep Depth (4 ft) |
| 10:10 am - 10:55 am Cardio Splash | 12:10 pm - 12:40 pm Open Shallow Depth (2-3 ft.) | 12:45 pm - 1:15 pm Minnows 1 | 12:05 pm - 1:00 pm Open Deep Depth (4 ¼ ft) | 12:00 pm - 12:55 pm Open Deep Depth (4 ft) | 12:00 pm - 12:55 pm Open Shallow Depth (3 ft) | |
| 11:00 am - 11:30 am Toddler 3 | 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 | 1:00 pm - 1:35 pm Minnows 2 | 1:00 pm - 1:35 pm Minnows 1 | |
| 11:30 am - 12:00 pm Toddler 1 | 1:25 pm - 2:00 pm Minnows 2 | 2:20 pm - 3:30 pm Open Shallow Depth (2-3 ft) | 2:10 pm - 2:40 pm Open Shallow Depth (2-3 ft) | 1:35 pm - 3:25 pm Open Shallow Depth (2-3ft) | 1:40 pm - 4:15 pm Open Shallow Depth (2-3ft) | |
| 12:00 pm - 1:00 pm Open Shallow Depth (2-3 ft) | 2:05 pm - 2:40 pm Minnows 3 | 3:30 pm - 4:05 pm Minnows 2 | 2:40 pm - 3:10 pm Minnows 1 | 3:30 pm - 4:05 pm Minnows 1 | 4:15 pm - 4:45 pm Kid's Korner | |
| 1:00 pm - 1:50 pm Children's Lessons | 2:45 pm - 3:25 pm Open Shallow Depth (2-3 ft) | 4:05 pm - 5:40 pm Open Shallow Depth (2-3ft) | 3:15 pm - 4:05 pm Children's Lessons | 4:10 pm - 5:00 pm Children's Lessons | 4:45 pm - 5:25 pm Open Shallow Depth (2-3ft) | |
| 1:50 pm - 3:55 pm Open Shallow Depth | 3:30 pm - 4:05 pm Minnows 1 | 5:45 pm - 6:30 pm Cardio Splash | 4:10 pm - 5:00 pm Children's Lessons | 5:00 pm - 5:40 pm Open Shallow Depth (2-3 ft) | 5:30 pm - 7:15 pm Program | |
| 4:00 pm - 4:30 pm Toddler 2 | 4:10 pm - 5:00 pm Children's Lessons | 6:35 pm - 8:00 pm Open Deep Depth (4ft) | 5:00 pm - 6:00 pm Open Shallow Depth (2-3 ft) | 5:45 pm - 6:30 pm Cardio Splash | | |
| 4:30 pm - 5:45 pm Open Shallow Depth (2-3 ft) | 5:00 pm - 6:25 pm Open Shallow Depth (2-3ft) | 8:05 pm - 9:15 pm Open Deep Depth (4 ¼ ft) | 6:00 pm - 7:00 pm Open Deep Depth (3 ½ - 4 ft) | 6:30 pm - 7:00 pm Adult Learn to Swim | | |
| | 6:30 pm - 7:15 pm Cardio Splash | | 7:00 pm - 9:15 pm Open Deep Depth | 7:05 pm - 9:15 pm Open Deep Depth (4ft) | | |
| | 7:15 pm - 9:15 pm Open Deep Depth (4 ¼ ft) | | | | | |
| | SPECIAL SCHEDULE 1/21, 2/18 | SPECIAL SCHEDULE 2/19 | | | | |