



April 22 – June 14, 2008

Hollander Aquatics Center

Main Pool Schedule (SUBJECT TO CHANGE)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 am – 9am Open/Lap Swim (6) 9 am – 1 pm WSI (1) Open/Lap Swim (5) 1 pm – 4:45 pm Open/Lap Swim (6)	5:30 am – 4:10 pm ▪ Open/Lap Swim (6) 4:10 - 5 pm ▪ Children's Lessons (4) ▪ Adult Only Lap (2) 5 - 9:15 pm ▪ LGT (2) ▪ Open/Lap Swim (4)	5:30 – 6:45 am ▪ Open/Lap Swim (6) 6:45 - 7:30 am ▪ Deep Water Aqua Running (2) ▪ Open/Lap Swim (4) 7:30 am – 12:30 pm ▪ Open/Lap Swim (6) 12:30 – 1 pm ▪ Tri Drills (2) ▪ Open/Lap Swim (4) 1pm – 5pm ▪ Open/Lap Swim (6) 5 – 6pm ▪ Sharks Clinic (2) ▪ Open/Lap Swim (4) 6 – 9:15 pm ▪ WSI (1) ▪ Open/Lap Swim (5)	5:30 - 9:25 am ▪ Open/Lap Swim (6) 9:30 - 10:15 am ▪ Deep Water Aqua Running (2) ▪ Open/Lap Swim (4) 10:20 am – 4 pm ▪ Open/Lap Swim (6) 4:10 - 5 pm ▪ Children Lesson (4) ▪ Adult Only Lap (2) 5 – 5:30 pm ▪ Children Lesson (1) ▪ Adult Only Lap (4) 5:30 – 6:15 pm ▪ Children's Lessons (1) ▪ Deep Water Aqua Running (2) ▪ Adult Only Lap (3) 6:15 – 9:15 pm ▪ Open/Lap Swim (6)	5:30 am – 8:30 am • Open/Lap Swim (6) 8:30 –9am ▪ Tri Drills (2) ▪ Open/Lap Swim (4) 9 - 4 pm ▪ Open/Lap Swim (6) 4 – 5 pm ▪ Children's Lessons (1) ▪ Open/Lap Swim (5) 5 - 7 pm ▪ LGT (1) ▪ Open/Lap Swim (5) 7 – 8:30pm ▪ Special Olympics (3) ▪ LGT (1) ▪ Adult Only Lap (2) 8:30-9:15pm ▪ LGT (1) ▪ Open/Lap Swim (5)	5:30 – 6:45 am ▪ Open/Lap Swim (6) 6:45 – 7:30 am ▪ Deep Water Aqua Running (2) ▪ Open/Lap Swim (4) 7:30 am – 5:30 pm ▪ Open/Lap Swim (6) 5:30 - 7:15 pm ▪ Open/Lap Swim (Lanes 1,2,3,4,5) ▪ Program (Lane 6)	8 – 9 am ▪ Open/Lap Swim (6) 9 am – 12 pm ▪ Open/Lap Swim (Lanes 1,2,3,4,5) ▪ Program (Lane 6) 12 - 4:45 pm ▪ 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



April 22 – June 14, 2008

Hollander Aquatics Center

Training Pool Schedule (SUBJECT TO CHANGE)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8 - 9 am Open Deep Depth – adults only (4ft)</p> <p>9 - 9:30 am Toddler 2</p> <p>9:30 -10:05 am Minnows 1 and 2</p> <p>10:15 - 11 am Cardio Splash</p> <p>11 - 11:30 am Toddler 1</p> <p>11:30 am -12 pm Toddler 3</p> <p>12 – 1:30 pm Open Shallow Depth (2 - 3ft)</p> <p>1:30 – 2:30pm Open Shallow Depth (3ft)</p> <p>2:30 – 4:45pm Open Shallow Depth (2-3ft)</p> <p>3 - 4 pm Pool may be closed for parties. Please call: Fitness Desk</p>	<p>5:30 - 6:45 am (4¾ ft) Open Deep Depth</p> <p>6:45 - 9:25 am (4 ft) Open Deep Depth</p> <p>9:30 - 10:15 am Cardio Splash</p> <p>10:15 - 11 am Cardio Splash</p> <p>11 - 11:45 am Lite Aqua Fit</p> <p>11:50 am - 12:40 pm Open Deep Depth (4 ½ ft)</p> <p>12:45 - 1:20 pm Minnows 1</p> <p>1:25 - 2 pm Minnows 2 and 3</p> <p>2:05 - 2:40 pm Minnow 4</p> <p>2:45 - 3:25 pm Open Shallow Depth (2-3 ft)</p> <p>3:30 - 4:05 pm Minnows 1 and 2</p> <p>4:10 - 5 pm Children's Lessons</p> <p>5 - 5:40 pm Open Shallow Depth (2-3 ft)</p> <p>5:45 - 6:30 pm Cardio Splash</p> <p>6:30 - 8:30 pm Open Shallow Depth (2-3 ft)</p> <p>8:30 -9:15 pm Open Deep Depth (4-4 ½ ft)</p>	<p>5:30 - 6:45 am (4¾ ft) Open Deep Depth</p> <p>6:45 - 9:25 am (4 ft) Open Deep Depth</p> <p>9:30 - 10:15 am Cardio Splash</p> <p>10:15 - 11 am Cardio Splash</p> <p>11 -11:45 am Arthritis Water Exercise</p> <p>11:45 am – 12:15 pm Toddler 1</p> <p>12:15 – 12:45 pm Open Shallow Depth (2 ft)</p> <p>12:50 – 1:15 pm Open Deep Depth (4 ½ ft)</p> <p>1:15 - 2:15 pm Preschool Program</p> <p>2:15 – 3:15 pm Open Shallow Depth (2 ft)</p> <p>3:15 - 4 pm Open Deep Depth (3 ½ ft)</p> <p>4 – 5 pm Special Needs</p> <p>5 - 5:25 pm Open Shallow Depth (2-3 ft)</p> <p>5:30 – 6:15 pm Yoqua</p> <p>6:15 – 9:15 pm Open Shallow Depth (3 ft)</p>	<p>5:30 - 6:45 am (4¾ ft) Open Deep Depth</p> <p>6:45 – 8:35 am (4 ft) Open Deep Depth</p> <p>8:35 - 9:20 am Yoqua</p> <p>9:30 – 10:00 am Toddler 2</p> <p>10:15 - 11 am Cardio Splash</p> <p>11 - 11:45 am Lite Aqua Fit</p> <p>11:50 am - 12:55 pm Open Deep Depth (4 ft)</p> <p>1 – 1:30 pm Open Shallow Depth (2-3 ft)</p> <p>1:30 - 2:00 pm Preschool Program</p> <p>2:00 -2:50 pm Open Shallow Depth (2 ¼ ft)</p> <p>2:50 -3:25 pm Minnows 2 and 3</p> <p>3:30 – 4:05 pm Minnows 1 and 2</p> <p>4:10 - 5 pm Children's Lessons</p> <p>5 –7:30 pm Open Shallow Depth (2 ½ ft)</p> <p>7:30 - 9:15 pm Open Deep Depth (4-4 ½ ft)</p>	<p>5:30 - 6:45 am (4¾ ft) Open Deep Depth</p> <p>6:45 - 9:25 am (4 ft) Open Deep Depth</p> <p>9:30 - 10:15 am Cardio Splash</p> <p>10:15 - 11 am Cardio Splash</p> <p>11 - 12 pm Arthritis Water Exercise</p> <p>12 pm - 1 pm Open Deep Depth (4 ½ ft)</p> <p>1 – 1:35 pm Minnows 2</p> <p>1:40 – 2:15 pm Minnows 4</p> <p>2:20 – 2:55 pm Minnows 1 and 3</p> <p>2:55 – 3:30 pm Minnows 1</p> <p>3:30 - 4:05 pm Minnows 1</p> <p>4:10 - 5 pm Children's Lessons</p> <p>5 - 5:25 pm Open Shallow Depth (2-3 ft)</p> <p>5:30 – 6:15 pm Cardio Splash</p> <p>6:30 - 9:15 pm Open Deep Depth (4-4 ½ ft)</p>	<p>5:30 - 6:45 am (4¾ ft) Open Deep Depth</p> <p>6:45 – 8:45 am (4 ft) Open Deep Depth</p> <p>8:45 – 9:30am Open Deep Depth (4 ½ ft)</p> <p>9:30 - 10:15 am Cardio Splash</p> <p>10:15 - 11 am Cardio Splash</p> <p>11 - 11:45 am Lite Aqua Fit</p> <p>11:45 am -12:15 pm Toddler 2</p> <p>12:30 -1 pm Open Shallow Depth (2 ½ ft)</p> <p>1 - 1:35 pm Minnows 1 and 2</p> <p>1:40 - 2:15 pm Minnows 1 and 3</p> <p>2:15 - 4:30 pm Open Shallow Depth (2 - 3 ft)</p> <p>4:30 - 5 pm Kef Korner</p> <p>5 –5:30 pm Open Shallow Depth (2 - 3 ft)</p> <p>5:30 – 6:15 pm Program</p> <p>6:15 - 7:15 pm Open Deep Depth (4ft) – ½ pool Program – ½ pool</p>	<p>8 – 9 am Open Deep Depth – adults only (4 ½ ft)</p> <p>9 - 10 am Open Deep Depth (4ft) – ½ pool Program – ½ pool</p> <p>10 – 12pm Program</p> <p>12 – 2 pm Open Shallow Depth (2 ½ ft)</p> <p>2:00 – 2:45pm Open Shallow Depth (3ft)</p> <p>2:45 - 4:45 pm Open Deep Depth (2-3 ft)</p>