



July 20 – August 15, 2008

Hollander Aquatics Center

Main Pool Schedule (subject to change)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 am - 2:45 pm <ul style="list-style-type: none"> ▪ Open/Lap Swim (6) 	5:30 am - 9:25 am <ul style="list-style-type: none"> ▪ Open/Lap Swim (6) 9:30 - 10:15 am <ul style="list-style-type: none"> ▪ Water aerobics (2) (Lanes 5 + 6) ▪ Lap Swim (4) 10:15 - 11:00 am <ul style="list-style-type: none"> ▪ Water aerobics (2) (Lanes 5 + 6) ▪ Lap Swim (4) 11:00 - 11:45 am <ul style="list-style-type: none"> ▪ Water aerobics (2) (Lanes 5 + 6) ▪ Lap Swim (4) 11:50 am –9:15 pm <ul style="list-style-type: none"> ▪ Open/Lap Swim (6) 	5:30 am - 9:25 am <ul style="list-style-type: none"> ▪ Open/Lap Swim (6) 9:30 - 10:15 am <ul style="list-style-type: none"> ▪ Water aerobics (2) (Lanes 5 + 6) ▪ Lap Swim (4) 10:15 - 11:00 am <ul style="list-style-type: none"> ▪ Water aerobics (2) (Lanes 5 + 6) ▪ Lap Swim (4) 11:00 am - 9:15 pm <ul style="list-style-type: none"> ▪ Open/Lap Swim (6) 	5:30 am - 9:25 am <ul style="list-style-type: none"> ▪ Open/Lap Swim (6) 9:30 - 10:15 am <ul style="list-style-type: none"> ▪ Water aerobics (2) (Lanes 5 + 6) ▪ Lap Swim (4) 10:15 - 11:00 am <ul style="list-style-type: none"> ▪ Water aerobics (2) (Lanes 5 + 6) ▪ Lap Swim (4) 11:00 - 11:45 am <ul style="list-style-type: none"> ▪ water aerobics (2) (Lanes 5 + 6) ▪ Lap Swim (4) 11:50 am –9:15pm <ul style="list-style-type: none"> ▪ Open/Lap Swim (6) 	5:30 am - 9:25 am <ul style="list-style-type: none"> ▪ Open/Lap Swim (6) 9:30 - 10:15 am <ul style="list-style-type: none"> ▪ Water aerobics (2) (Lanes 5 + 6) ▪ Lap Swim (4) 10:15 - 11:00 am <ul style="list-style-type: none"> ▪ Water aerobics (2) (Lanes 5 + 6) ▪ Lap Swim (4) 11:00 am –9:15 pm <ul style="list-style-type: none"> ▪ Open/Lap Swim (6) 	5:30 am - 6:45 am <ul style="list-style-type: none"> ▪ Open/Lap Swim (6) 6:45 - 7:30 am <ul style="list-style-type: none"> ▪ Deep Water Aqua Running (2) ▪ Open/Lap Swim (4) 7:30 - 9:25 am <ul style="list-style-type: none"> ▪ Open/Lap Swim (6) 9:30 - 10:15 am <ul style="list-style-type: none"> ▪ Water aerobics (2) (Lanes 5 + 6) ▪ Lap Swim (4) 10:15 - 11:00 am <ul style="list-style-type: none"> ▪ Water aerobics (2) ▪ Lap Swim (4) 11:00 - 11:45 am <ul style="list-style-type: none"> ▪ Water aerobics (2) ▪ Lap Swim (4) 11:50 am - 7:15 pm <ul style="list-style-type: none"> ▪ Open/Lap Swim (6) 	8 am- 2:45 pm <ul style="list-style-type: none"> ▪ Open/Lap Swim (6)

() indicates number of lanes.

Open Swim = lanes available for personal exercise and families.

Schedule subject to change.



July 20 - August 15, 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 Minnows 1 (ends 8/3)</p> <p>9:30 – 10:05 am Toddler 2 (ends 8/3)</p> <p>10:15 - 11 am Cardio Splash</p> <p>11 – 2:45 pm Open Shallow Depth (2-3 ft)</p>	<p>5:30 - 6:45 am (4¾ ft) Open Deep Depth</p> <p>6:45 - 9:10 am (4 ft) Open Deep Depth</p> <p>9:15 - 12:15 pm Campareenah</p> <p>12:20 - 1:20 pm Open Deep Depth (4 ½ ft)</p> <p>1:25 – 2:00 pm Open Shallow Depth (2-3 ft)</p> <p>2 - 3:30 pm Campareenah</p> <p>3:30 - 4:30 pm Open Shallow Depth (2-3 ft)</p> <p>4:30 – 5:15pm Water Arthritis Exercise</p> <p>5:15 – 5:45pm Open Shallow Depth (2-3 ft)</p> <p>5:45 - 6:30 pm Cardio splash/ Yoqua</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 - 9:10 am (4 ft) Open Deep Depth</p> <p>9:15 - 12:15 pm Campareenah</p> <p>12:15 – 2:00 pm Open Shallow Depth (2 ft)</p> <p>1:25 – 2:00 pm Open Shallow Depth (2-3 ft)</p> <p>2 - 3:30 pm Campareenah</p> <p>3:35 – 4:30 pm Open Deep Depth (3 ½ ft)</p> <p>4:30 – 5:30 pm Open Shallow Depth (2-3 ft)</p> <p>5:30 – 6:30 pm Open Deep Depth (4 ½ ft)</p> <p>6:30 – 7:30pm 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 - 8:20 am (4 ft) Open Deep Depth</p> <p>8:20 - 9:10 am Yoqua</p> <p>9:15 - 12:15 pm Campareenah</p> <p>12:30 - 2:00 pm Open Deep Depth (4 ½ ft)</p> <p>1:25 – 2:00 pm Open Shallow Depth (2-3 ft)</p> <p>2 - 3:30 pm Campareenah</p> <p>3:30 - 5 pm Open Shallow Depth (2-3 ft)</p> <p>5 - 7 pm Open Deep Depth (4 ½ ft)</p> <p>7 - 9:15 pm Open Shallow Depth (2 ft)</p>	<p>5:30 - 6:45 am (4¾ ft) Open Deep Depth</p> <p>6:45 - 9:10 am (4 ft) Open Deep Depth</p> <p>9:15 - 12:15 pm Campareenah</p> <p>12:25 – 2:00pm Open Deep Depth (4 ½ ft)</p> <p>1:25 – 2:00 pm Open Shallow Depth (2-3 ft)</p> <p>2 - 3:30 pm Campareenah</p> <p>3:30 – 4:30 pm Open Shallow Depth (2-3 ft)</p> <p>4:30 – 5:15pm Water Arthritis Exercise</p> <p>5:30 - 6:15 pm Cardio Splash</p> <p>6:20 - 8 pm Open Shallow Depth (2-3 ft)</p> <p>8 - 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 - 9:10 am (4 ft) Open Deep Depth</p> <p>9:15 - 12:15 pm Campareenah</p> <p>12:15 – 2:00 pm Open Shallow Depth (2 ft)</p> <p>1:25 – 2:00 pm Open Shallow Depth (2-3 ft)</p> <p>2 - 3:30 pm Campareenah</p> <p>3:30 - 4:25 pm Open Deep Depth (4 ½ ft)</p> <p>4:25 - 7:15 pm Open Shallow Depth (2-3 ft)</p>	<p>8 - 9 am Open Deep Depth – adults only (4 ft)</p> <p>9- 2:45 pm Open Shallow Depth (2-3 ft)</p>