

HOLLAND FAMILY BUILDING AQUATICS SCHEDULE

KYM SEISS AQUATICS DIRECTOR 886-3172 EXT 411

TIME	SUN	MON	TUES	WED	THUR	FRI	SAT
6AM							
7AM							
8AM	Lap Swim 8:30-10:30	Lap Swim 6-10	Lap Swim 6-9:30	Lap Swim 6-10	Lap Swim 6-9:30	Lap Swim 6-10	Lap Swim <u>ONLY</u> 8-10:30
9AM			ECD 9:30-10		ECD 9:30-10		
10AM	Water Muscles 10:30-11:30	ECD/Deep Open Swim 10-10:40	<u>Water Babies/</u> Open Swim 10-10:40	ECD/Deep Open Swim 10-10:40	Open Swim 10-10:40	ECD/Deep Open Swim 10-10:40	Open Swim 10:30-11 <u>NO LAPS</u>
11AM	Water Babies 11:30-12	Aquacise 10:45-11:45 Open Swim 11:45-12	Water Muscles 10:45-11:45 Open Swim 11:45-12	Aquacise 10:45-11:45 Open Swim 11:45-12	Water Muscles 10:45-11:45 Open Swim 11:45-12	Aquacise 10:45-11:45 Open Swim 11:45-12	WET SWEAT 11-11:45
12PM	Open Swim 12-2:30	Lap Swim 12-2	Lap Swim 12-2	Lap Swim 12-2	Lap Swim 12-2	Lap Swim 12-2	WAVE RUNNER PLUS \$5 Fee 12-12:45 <u>Swim Lessons 12-12:30</u>
1PM							Open Swim 12:45-2:45 <u>NO LAPS</u>
2PM	Summer Hours Pool Closes at 2:30	Open Swim 2-5:30	Open Swim 2-4	Open Swim 2-3:55	Open Swim 2-4	Open Swim 2-4	Lap Swim 2:45-3:45
3PM		<u>Camp 3-4</u>	<u>Camp 3-4</u>	<u>Camp 3-4</u>	<u>Camp 3-4</u>	<u>Camp 3-4</u>	
4PM			Group Lessons 4-5:30	Group/Private Lessons 3:55-5	Group Lessons 4-5:30	Lap Swim 4-5:45	<u>Must sign up for:</u> Swim Lessons Scuba Stroke Refinement Adult Swim WaterBabies Private Lessons
5PM		Lap Swim 5:30-7		Lap Swim 5-7			
6PM		<u>Adult Swim Lessons Lane 1 6-7</u>	Lap Swim 5:30-7 <u>Stroke Refinement Lane 1 6:30-7</u>		Lap Swim 5:30-7		
7PM		Aerobics 7-8	½ Open/ ½ Scuba 7-8:30	Aerobics 7-8	½ Open/ ½ Scuba 7-8:30		
8PM		Open/Swim 8-8:30		Open Swim 8-8:30			

Schedule effective till Sept 1st