

HOLLAND FAMILY BUILDING

WEEKLY POOL SCHEDULE 12/22-4/7

Schedule is subject to change without notice due to holidays, movie nights, swim meets and/or class participation levels

SUNDAY

Lap Swim	8:00-10:30 AM
Water Muscles	10:30-11:30 AM
*Water Babies / Shallow	11:30-12:00 PM
Open Swim	12:00-4:00 PM
Lap Swim	4:00-5:30 PM

MONDAY

Lap Swim	6:00-10:00 AM
ECD / Deep Open Swim	10-10:40 AM
Aquacize	10:45-11:45 AM
Open Swim	11:45-12:00 PM
Lap Swim Only	12:00-2:00 PM
Open Swim	2:00-4:00 PM
Wet & Wild	4:00-4:30 PM
*Storm Swim Club	4:30-5:30 PM
Lap Swim	5:30-7:00 PM
*Adult Swim Lessons	7:00-8:00 PM
Water Aerobics	7:00-8:00 PM
Open Swim	8:00-9:00 PM

TUESDAY

Lap Swim	6:00-10:00 AM
*Water Babies / Shallow	10:00-10:30 AM
Deep Open Swim	10:00-10:45 AM
Water Muscles	10:45-11:45 AM
Open Swim	11:45-12:00 PM
Lap Swim Only	12:00-2:00 PM
Open Swim	2:00-4:00 PM
*Group Swim Lessons	4:00-5:30 PM
*Stroke Refinement / Lane 1	5:30-6:00 PM
Lap Swim	5:30-7:00 PM
*Group Interval Training	7:00-7:45 PM
*1/2 Scuba / 1/2 Open Swim	7:00-9:00 PM

WEDNESDAY

Lap Swim	6:00-9:30 AM
ECD / Deep Open Swim	9:30-10:40 AM
Aquacize	10:45-11:45 AM
Open Swim	11:45-12:00 PM
Lap Swim Only	12:00-2:00 PM
Open Swim	2:00-4:00 PM
*Group Swim Lessons	4:00-4:30 PM
*Storm Swim Club	4:30-5:30 PM
Lap Swim	5:30-7:00 PM
Water Aerobics	7:00-8:00 PM
Open Swim	8:00-9:00 PM

THURSDAY

Lap Swim	6:00-10:00 AM
Deep Open Swim	10:00-10:45 AM
Water Muscles	10:45-11:45 AM
Open Swim	11:45-12:00 PM
Lap Swim Only	12:00-2:00 PM
Open Swim	2:00-4:00 PM
*Group Swim Lessons	4:00-5:30 PM
Lap Swim	5:30-7:00 PM
*1/2 Scuba / 1/2 Open Swim	7:00-9:00 PM

FRIDAY

Lap Swim	6:00-10:00 AM
ECD / Deep Open Swim	10:00-10:40 AM
Silver Splash	10:45-11:45 AM
Open Swim	11:45-12:00 PM
Lap Swim	12:00-2:00 PM
Open Swim	2:00-4:30 PM
Kid's Place	3:30-4:30 PM
Lap Swim	4:30-5:45 PM

SATURDAY

Lap Swim	8:00-10:30 AM
Open Swim	10:30-11:00 AM
Wet Sweat	11:00-11:45 AM
*Group Swim Lessons	12:00-12:30 PM
Open Swim	12:45-2:45 PM
Lap Swim	2:45-3:45 PM

* Paid classes and must be registered for at front desk

No classes on:

Saturday, April 7

