

WHITEHOUSE - AQUATICS

5 Lane Lap Pool
Length = 50 Feet
106 Lengths = 1 Mile

PHONE:
908.534.7600

Revised: 02/01/12

MONDAY

6:00-8:15am **ALL LANES OPEN**
8:15-9:00 * **Group Aquatics/Shirley**
9:00-10:00 *** **Group Swim Lessons**
10:15-11:00 * **Group Aquatics/Kathleen**
11:15-12:00pm ** **Arthritis (AFAP)/Shirley**
12:00-3:30 **ALL LANES OPEN**
3:30-7:00 *** **Group Swim Lessons**
7:15-8:00 * **Zumba Aqua/Pat**
7:00-9:45 **ALL LANES OPEN**

TUESDAY

6:10-7:00am ** **Group Aquatics/Nancy**
7:00-9:00 **ALL LANES OPEN**
9:00-9:45 * **Group Aquatics/Shirley**
10:00-10:45 ** **WaterART/Shirley**
10:45-11:30 * **Group Aquatics/Shirley**
11:30-2:00pm **ALL LANES OPEN**
2:00-6:00 *** **Group Swim Lessons**
6:30-7:15 * **Group Aquatics/Shirley**
7:30-9:45 **ALL LANES OPEN**

WEDNESDAY

6:00-8:15am **ALL LANES OPEN**
8:15-9:00 ** **Aqua Zumba/Pat**
9:00-10:00 **ALL LANES OPEN**
10:00-10:45 * **Arthritis (AFAP)/Rita**
10:45-11:30 * **Group Aquatics/Rita**
11:30-3:30pm **ALL LANES OPEN**
3:30-7:00 *** **Group Swim Lessons**
7:00-9:45 **ALL LANES OPEN**

THURSDAY

7:00-8:30 **ALL LANES OPEN**
8:30-9:00 **** **Group Swim Lessons**
9:00-9:45 * **Group Aquatics/Shirley**
10:00-10:45 ** **WaterART/Shirley**
10:45-11:30 * **Group Aquatics/Shirley**
11:30-2:30pm **ALL LANES OPEN**
2:30-6:30 *** **Group Swim Lessons**
6:45-7:30 * **Aquatics Boot Camp/Rita**
7:30-9:45 **ALL LANES OPEN**

FRIDAY

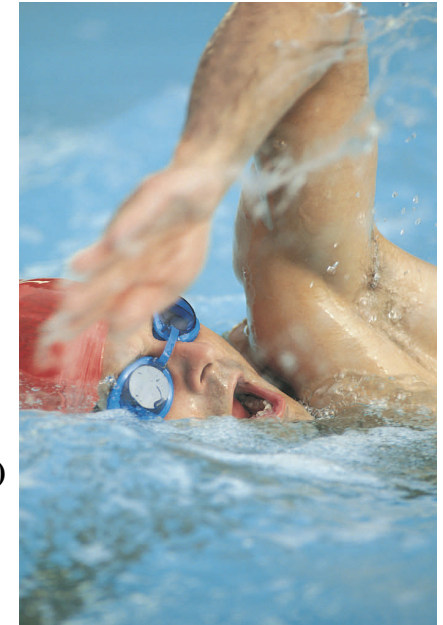
6:00-9:00am **ALL LANES OPEN**
9:00-9:45 * **Aqua Zumba/Pat**
9:45-10:30 ** **Arthritis (AFAP)/ Rita**
10:30-11:30 *** **Special Education Swim (1st Fri)**
1:30-2:00 *** **Special Education Swim (3rd Fri)**
11:30-3:00pm **ALL LANES OPEN**
7:00-8:45 **ALL LANES OPEN**

SATURDAY

7:45-8:30am *** **Group Aquatics/Sharon**
8:30-12:30pm *** **Group Swim Lessons**
12:30-5:45 **ALL LANES OPEN**

SUNDAY

8:00-4:45 **ALL LANES OPEN**



- ◆ AT LEAST ONE LANE is available for lap swimming at all times during programming.
- ◆ The * represents the minimum number of lanes available at the time listed.
- ◆ Due to the number of participants in classes, lane availability may change.
- ◆ Occasionally *private* swim lessons may utilize individual lane space.
- ◆ Children under the age of 12 are not allowed in the pool outside of private or group lesson times.

◆ **POOL CLOSES 15 MINUTES PRIOR TO WELLNESS CENTER**



Hunterdon Healthcare
Health and Wellness Centers