

# WHITEHOUSE - AQUATICS - JULY

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

**PHONE:**  
**908.534.7600**

Revised: 6/29/2018

## MONDAY

6:00-8:00am **ALL LANES OPEN**  
8:15-9:15 \* **Group Aquatics/Shirley**  
9:15-10:00 **ALL LANES OPEN**  
10:00-11:00 **Group Aquatics/Kathleen**  
**No Swim Lanes Available 10-11am**  
11:15-12:00pm\* **Arthritis Aquatics/Rachel**  
12:00-3:30 **ALL LANES OPEN**  
3:30-7:00 \*\*\* **Group Swim Lessons**  
7:00-9:15 **ALL LANES OPEN**

## TUESDAY

6:10-7:10am \*\*\* **Group Aquatics/Nancy**  
7:10-9:00 **ALL LANES OPEN**  
9:00-10:00 \* **Group Aquatics/Shirley**  
10:15-11:15 \* **Group Aquatics/Shirley**  
11:15-6:45pm **ALL LANES OPEN**  
6:45-7:45 \* **Gr. Aquatics/Shelby**  
7:45-9:15 **ALL LANES OPEN**

## WEDNESDAY

6:00-10:00am **ALL LANES OPEN**  
10:00-10:45 **Arthritis Aquatics/Shelley**  
**No Swim Lanes Available 10-10:45am**  
11:00-3:30pm **ALL LANES OPEN**  
3:30-7:00 \*\*\* **Group Swim Lessons**  
7:00-9:15 **ALL LANES OPEN**

## THURSDAY

6:00-9:00 **ALL LANES OPEN**  
9:00-10:00 \* **Group Aquatics/Shirley**  
10:00-11:00 \*\* **Volleyball**  
11:00-3:30pm **ALL LANES OPEN**  
3:30-6:30 \*\*\* **Group Swim Lessons**  
6:45-7:45 \* **Aquatics Boot Camp/Beth**  
7:45-9:15 **ALL LANES OPEN**

## FRIDAY

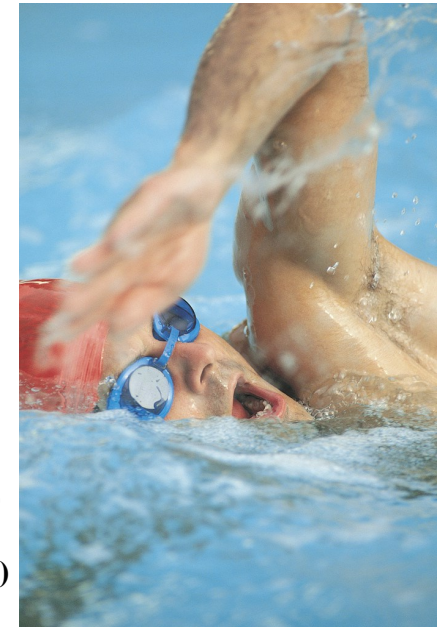
6:00-8:30am **ALL LANES OPEN**  
8:30-9:30 \* **Group Aquatics/Shirley**  
9:45-10:30 **Arthritis Aquatics/ Rita**  
**No Swim Lanes Available 9:45-10:30am**  
10:30-11:00 \*\* **Special Education Swim (1<sup>st</sup> Fri)**  
11:00-3:30pm **ALL LANES OPEN (except 3rd Fri)**  
1:30-2:00 \*\* **Special Education Swim(3rd Fri)**  
3:30-7:00 \*\*\* **Group Swim Lesson**  
7:00-8:45 **ALL LANES OPEN**

## SATURDAY

7:00-8:30 am **ALL LANES OPEN**  
8:30-12:30pm \*\*\* **Group Swim Lessons**  
12:30-5:45 **ALL LANES OPEN**

## SUNDAY

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



**Specialty Programs**  
**Arthritis Aquatics**  
(nonmembers - add't fee)

◆ AT LEAST ONE LANE is available for lap swimming at all times during programming with the exception of Mon 10-11am, Weds 10-10:45am and Fri 9:45-10:30am.

◆ 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.



**Hunterdon Healthcare**  
Health and Wellness Centers