

WHITEHOUSE - AQUATICS - OCT

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

PHONE:
908.534.7600

Revised: 9/21/2018

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**
No Swim Lanes Available 9-10am
10:15-11:15 * **Group Aquatics/Shirley**
11:15-6:45pm **ALL LANES OPEN**
6:45-7:45 * **Gr. Aquatics/Eliana**
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**
No Swim Lanes Available 9-10am
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 (1st 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**
12:30-1:15 *** **Adult Group Lessons**
1:15-5:45 **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, Tues 9-10, Weds 10-10:45am Thurs 9-10am 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