

Starting on March 13, 2011,
The pool will open at 8:00 AM on Sundays

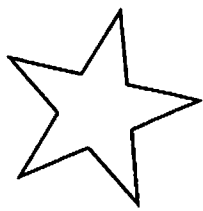
The New HES
9502 Seaview Avenue
Brooklyn, New 11236
718-241-3000 Fax: 718-241-3349

POOL SCHEDULE

MARCH 2011

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|--|--|--|
| 8:00 AM - 10:00 AM Men, Open Swim, Laps | 7:30 AM-11:00 AM General, Open Swim, Laps | 7:30 AM-9:00 AM Men, Open Swim, Laps | 7:30 AM-9:00 AM General, Open Swim, Laps | 7:30 AM-9:00 AM General, Open Swim, Laps | 7:30 AM-9:00 AM Women, Open Swim, Laps | C L O S E D |
| 10:00 AM-12:15 PM General, Open Swim Classes | 11:00 AM-1:00 PM Women, Open Swim, Laps | 9:00 AM-11:30 AM General, Open Swim, Laps | 9:00 AM-10:30 AM Women, Open Swim, Laps | 9:00 AM-10:00 AM Women, Open Swim, Laps | 9:00 AM-12:00 Noon General, Open Swim, Laps | |
| 12:20 PM-2:00 PM Women, Open Swim, Classes | | 11:30 AM-2:00 PM Women, Open Swim, Laps | 10:30 AM-12:00 Noon General, Open Swim, Laps | 10:00 AM-12:00 Noon General, Open Swim, Laps | | |
| 2:00 PM Pool Closed | 3:15 PM - 6:30 PM Swim Classes | | | | | |
| 6:35 PM-8:00 PM Women | 6:35 PM-8:30PM Women, Open Swim, Laps Women's classes | 7:15 PM-8:30 PM Men, Open Swim, Laps classes | 6:35 PM-8:30 PM Women, Open Swim, Laps Women's classes | 6:30 PM-8:00 PM General, Open Swim, Laps Co-ed classes | | |
| 8:00 PM-9:30 PM Men | 8:30 PM-9:45 PM General, Open Swim, Laps | 8:30 PM - 9:45 PM General, Open Swim, Laps Classes | 8:30 PM-9:45 PM General, Open Swim, Laps | 8:00 PM-9:45 PM Men, Open Swim, Laps Men's classes | | |
| | | | | | Pool Rules: | |
| | | | | | <ul style="list-style-type: none"> * Bathers must follow staff instructions * Bathing suits must be worn * Adults only in sauna (18 years or older) * Soap & shower before swimming * Remove all band-aids before swimming * Children under 13 must be accompanied by an adult | |
| | | | | | Schedule is Subject to Change | |

Monday-Thursday - building closes at 10:00 PM
Friday- building closes at 6:00 PM
Sunday - building closes at 9:45 PM



Starting on March 13, 2011,
The gym will open at 8:00 AM on Sundays

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GYM SCHEDULE

MARCH 2011

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | ACTIVITIES NOT IN GYM |
|--|---|---|---|---|--|--|
| 8:00 AM-12:00 Noon Fitness Center | 7:30 AM-12:00 Noon Paddleball/Handball Fitness Center | 7:30 AM-12:00 Noon Paddleball/Handball Fitness Center | 7:30 AM-12:00 Noon Paddleball/Handball Fitness Center | 7:30 AM-12:00 Noon Paddleball/Handball Fitness Center | 7:30 AM-12:00 Noon Paddleball/Handball Fitness Center | TUESDAYS 7:00 PM-8:00 PM Yoga (Room 241) THURSDAYS 7:30 PM-8:30 PM Cardio-kickboxing Women Only (Room 241) |
| 8:00 AM-10:00 AM Handball 2 ct. Paddleball 1 ct. | 9:00 AM-5:00 PM Children's Programs | 9:00 AM-5:00 PM Children's Programs | 9:00 AM-5:00 PM Children's Programs | 9:00 AM-5:00 PM Children's Programs | 9:00 AM-6:00 PM Children's Programs | |
| 10:00 AM-12 Noon Paddleball 2ct. Handball 1 ct. | | | | | | |
| 8:00 AM-10:00AM Volleyball | | | | | | |
| 9:00 AM-12:00 PM Table Tennis | 6:00 PM-9:45 PM Handball 3 ct. | 6:00 PM-9:45 PM Paddleball 3 ct. | 6:00 PM-8:30 PM Handball 3 ct. | 6:00 PM-7:00 PM Paddleball 1 ct. | | |
| 5:00 PM-9:30 PM Handball 3 ct. | 6:00 PM-9:45 PM Basketball (1/2 gym) | 6:00 PM-7:30 PM Basketball (1/2 gym) | 6:00 PM-9:45 PM Basketball (1/2 gym) | 7:00 PM-9:45 PM Paddleball 3 ct. | Gym Rules: * Staff instructions must be followed * Children under 13 years of age must be accompanied by an adult * Proper attire (sneakers required) * No food or drinks permitted * Sweat towels required in fitness center | |
| 6:30 PM-9:30 PM Basketball (1/2 gym) | | 7:30 PM-9:45 PM Volleyball | | 7:30 PM-9:45 PM Volleyball | | |
| 5:00 PM-9:30 PM Fitness Center | 6:00 PM-9:45 PM Fitness Center | 6:00 PM-9:45 PM Fitness Center | 6:00 PM-9:45 PM Fitness Center | 6:00 PM-9:45 PM Fitness Center | | |

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Friday - building closes at 6:00 PM

Sunday - building closes at 9:45 PM