



Herman Aquatics Center OCTOBER – DECEMBER 2016 Indoor Pool Schedule, *updated Oct. 10, 2016**

SUNDAY

TIME

LANE DESIGNATION

| | |
|------------------|---|
| 7:00am - 9:00am | 5 lanes - lap swim only/ 1 Water Jogging |
| 9:00am - 11:30am | 4 lanes - lap swim only/ 2 CLOSED - CLASSES |
| 11:30am - 2pm | 4 lanes - lap swim only/ **Open Swim |
| 2pm - 5pm | 4 lanes - lap swim only/ 2 CLOSED – Scuba Class |
| 5pm - 8pm | 4 lanes - lap swim only/ **Open Swim |

MONDAY

| | |
|--------------|---|
| 6am - 9am | 5 lanes - lap swim only/ 1 Water Jogging |
| 9am -12pm | 6 lanes - lap swim only |
| 12pm - 1pm | 2 lanes - lap swim only/ 4 CLOSED - CLASS |
| 1pm - 2pm | 4 lanes - lap swim only/ 2 CLOSED - CLASS |
| 2pm – 4pm | 4 lanes - lap swim only/ **Open Swim |
| 4pm – 5pm | 4 lanes – PreTeam/ Remaining Lanes – Water Jogging and Class Use Only |
| 5pm – 6:30pm | 2 lanes – lap swim only/ 4 CLOSED - CLASS |
| 6:30pm - 7pm | 6 lanes - lap swim only |
| 7pm - 8pm | 4 lanes - lap swim only/ 2 CLOSED - CLASS |
| 8pm - 10pm | 6 lanes - lap swim only |

TUESDAY

| | |
|------------|---|
| 6am - 9am | 5 lanes - lap swim only/ 1 Water Jogging |
| 9am – 1pm | 6 lanes – lap swim only |
| 1pm - 2pm | 4 lanes - lap swim only/ 2 CLOSED – CLASS |
| 2pm – 4pm | 4 lanes – lap swim only/ **Open Swim |
| 4pm – 5pm | 4 lanes – lap swim only/ 2 CLOSED - CLASSES |
| 5pm - 8pm | 4 lanes - lap swim only/ **Open Swim |
| 8pm - 10pm | 4 lanes - lap swim only/ 2 CLOSED – Scuba Class |

WEDNESDAY

| | |
|-------------|---|
| 6am - 10am | 5 lanes - lap swim only/ 1 Water Jogging |
| 10am – 11am | 4 lanes – lap swim only/ 2 CLOSED – CLASS |
| 11am – 12pm | 6 lanes – lap swim only |
| 12pm - 1pm | 2 lanes - lap swim only/ 4 CLOSED - CLASS |
| 1pm - 2pm | 4 lanes - lap swim only/ 2 CLOSED - CLASS |
| 2pm - 4pm | 4 lanes - lap swim only/ **Open Swim |
| 4pm - 5pm | 4 lanes - lap swim only/ 2 CLOSED - CLASS |
| 5pm - 7pm | 6 lanes - lap swim only |
| 7pm - 8pm | 4 lanes - lap swim only/ 2 CLOSED - CLASS |
| 8pm - 10pm | 6 lanes - lap swim only |

THURSDAY

| | |
|--------------|--|
| 6am – 9am | 5 lanes - lap swim only/ 1 Water Jogging |
| 9am – 1pm | 6 lanes – lap swim only |
| 1pm - 2pm | 4 lanes - lap swim only/ 2 CLOSED - CLASS |
| 2pm - 4pm | 4 lanes - lap swim only/ **Open Swim |
| 4pm – 5pm | 4 lanes – PreTeam/Remaining Lanes – Water Jogging and Class Use Only |
| 5pm – 6:30pm | 2 lanes – lap swim only/ 4 CLOSED - CLASS |
| 6:30pm - 7pm | 6 lanes – lap swim only |
| 7pm - 8pm | 4 lanes – lap swim only/ 2 CLOSED - CLASS |
| 8pm - 10pm | 4 lanes - lap swim only / 2 CLOSED – Scuba Class |

FRIDAY

| | |
|------------|---|
| 6am – 9am | 5 lanes - lap swim only/ 1 Water Jogging |
| 9am – 12pm | 6 lanes – lap swim only |
| 12pm - 1pm | 2 lanes - lap swim only/ 4 CLOSED - CLASS |
| 1pm - 2pm | 4 lanes – lap swim only/ 2 CLOSED - CLASS |
| 2pm – 4pm | 4 lanes - lap swim only/ **Open Swim |
| 4pm - 8pm | 6 lanes - lap swim only |

SATURDAY

| | |
|-----------------|--|
| 7:00am - 9:00am | 5 lanes - lap swim only/ 1 Water Jogging |
| 9:00am - 10am | 4 lanes - lap swim only/2 CLOSED - CLASSES |
| 10am - 12:30pm | Gudelsky Exceptional Swim Program – POOL RESERVED FOR PROGRAM USE ONLY |
| 12:30pm-8pm | 4 lanes - lap swim only/ **Open Swim |

* There will be dedicated Lap Lanes available daily. **Open Swim – double wide lane use for slow swimming, water jogging and general use.

***Schedule may change to accommodate special events or activities.

For Questions or more information: Please contact Caroline Cardullo, 301-348-3890, ccardullo@jccgw.org