

April 2019 - Herman Aquatics Center Indoor Pool Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 AM – 9 AM 5 lanes - lap swim only/ 1  Water Jogging	6 AM – 9 AM 5 lanes - lap swim only/ 1  Water Jogging	6 AM - 9 AM 5 lanes - lap swim only/ 1  Water Jogging	6 AM – 10 AM 5 lanes - lap swim only/ 1  Water Jogging	6 AM – 9 AM 5 lanes - lap swim only/ 1  Water Jogging	6 AM - 9 AM 5 lanes - lap swim only/ 1  Water Jogging
9 AM – 10 AM 3 lanes - lap swim only/ 3 CLOSED –  Group Lessons	9 AM – 10 AM 5 lanes - lap swim only / 1 CLOSED –  ProAction PT	9 AM - 10 AM 4 lanes - lap swim only/ 2 lanes **Open Swim	10 AM – 11AM 3 lanes - lap swim only/ 3 CLOSED –  Aqua Zumba	9 AM – 10 AM 5 lanes - lap swim only / 1 CLOSED –  ProAction PT	9 AM – 10:30 AM 4 lanes - lap swim only / 2 CLOSED –  BOGA FIT
10AM–11:30 AM 4 lanes - lap swim only/ 2 CLOSED  Group Lessons	10 AM – 12 PM 3 lanes - lap swim only/ 1 Double Wide Lane/1 CLOSED –  ProAction PT	10 AM – 11:30 AM 2 lanes - lap swim only/2 Double Wide Lanes	11 AM – 12 PM 6 lanes - lap swim only	10 AM – 12 PM 3 lanes - lap swim only/ 1 Double Wide Lane/CLOSED –  ProAction PT	10:30 AM – 12 PM 2 lanes - lap swim only/2 Double Wide Lanes
11:30 AM – 8 PM 4 lanes - lap swim only/ ** Open Swim	12 PM – 1 PM 2 lanes - lap swim only/ 4 CLOSED –  Masters Club	11:30 AM – 1:00 PM 2 lanes - lap swim only/1 Double Wide Lane 2 CLOSED –  BOGA FIT	12 PM – 1 PM 2 lanes - lap swim only/ 4 CLOSED –  Masters Club	12 PM – 1 PM 5 lanes - lap swim only/1 CLOSED –  ProAction PT	12 PM - 1 PM 2 lanes - lap swim only/4 CLOSED –  Masters Club
	1 PM – 2 PM 3 lanes - lap swim only/ 3 CLOSED –  Aqua Fit	1 PM - 2 PM 3 lanes - lap swim only/3 CLOSED –  Aqua Fit	1 PM – 2 PM 3 lanes - lap swim only/ 3 CLOSED –  Aqua Fit	1 PM – 2 PM 3 lanes - lap swim only/3 CLOSED –  Aqua Fit	1 PM - 2 PM 3 lanes - lap swim only/3 CLOSED –  Aqua Fit
	2 PM – 3 PM 4 lanes - lap swim only/ 2 CLOSED –  ECC	2 PM - 3 PM 4 lanes - lap swim only/ 2 CLOSED –  ECC	2 PM – 3 PM 4 lanes - lap swim only/ 2 CLOSED –  ECC	2 PM – 3 PM 4 lanes - lap swim only/ 2 CLOSED –  ECC	2 PM - 4 PM 4 lanes - lap swim only/ **Open Swim
	3 PM – 4 PM 4 lanes - lap swim only/ **Open Swim	3 PM - 4 PM 4 lanes - lap swim only/ **Open Swim	3 PM – 4 PM 4 lanes - lap swim only/ **Open Swim	3 PM – 4 PM 4 lanes - lap swim only/ **Open Swim	4 PM – 8 PM 6 lanes - lap swim only
	4 PM – 5 PM 4 lanes -  PreTeam/  Water Jogging/  Group Lessons	4 PM - 5 PM 4 lanes - lap swim only/ 2 CLOSED –  Group Lessons	4 PM – 5 PM 4 lanes - lap swim only/ 2 CLOSED –  Group Lessons	4 PM – 5 PM 4 lanes -  PreTeam/  Water Jogging/  Group Lessons	
	5 PM – 6:30 PM 2 lanes - lap swim only/ 4 CLOSED –  Swim Club	5 PM - 8 PM 4 lanes - lap swim only/ **Open Swim	5:15 PM – 6:30 PM 2 CLOSED –  BOGA FIT / 3 lanes – lap swim/1 Open Swim	5 PM – 6:30 PM 2 lanes - lap swim only/4 CLOSED –  Swim Club	
	6:30 PM – 7 PM 4 lanes - lap swim only/ **Open Swim	8 PM – 10 PM 5 lanes - lap swim only/ 1 CLOSED –  Water Jogging	7 PM – 8 PM 4 lanes - lap swim only/ **Open Swim	6:30 PM – 7 PM 4 lanes - lap swim only / **Open Swim	7 AM – 9 AM 5 lanes - lap swim only/1  Water Jogging
	7 PM – 8 PM 4 lanes - lap swim only/ 2 CLOSED –  H2O Pilates		8 PM – 10 PM 5 lanes - lap swim only / 1  Water Jogging	7 PM – 8 PM 4 lanes - lap swim only/2 CLOSED –  Aqua Pilates	9 AM – 10 AM 3 lanes - lap swim only/3 CLOSED –  Group Lessons
	8 PM – 10 PM 5 lanes - lap swim only/ 1  Water Jogging			8 PM – 10 PM 5 lanes - lap swim only/ 1  Water Jogging	10 AM – 12:30 PM Gudelsky Swim Pgm
					12:30 PM – 8:30 PM 4 lanes - lap swim only/**Open Swim

Color Key


-  Water Aerobics
-  Water Jogging
-  Scuba Class
-  Swim Club/PreTeam/Masters
-  Pro-Action Therapy
-  ECC
-  Group Lessons
-  BOGA FIT


*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

SATURDAY

7 AM – 9 AM
5 lanes - lap swim only/1  Water Jogging

9 AM – 10 AM
3 lanes - lap swim only/3 CLOSED –
 Group Lessons

10 AM – 12:30 PM
Gudelsky Swim Pgm

12:30 PM – 8:30 PM
4 lanes - lap swim only/**Open Swim