



# May 2019 - Herman Aquatics Center Indoor Pool Schedule

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

**Color Key**

-  Water Aerobics
-  Water Jogging
-  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