



































June 2019 - Herman Aquatics Center Indoor Pool Schedule

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

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

PLEASE MAKE SURE YOU CHECK THE ADDENDUM FOR CHANGES TO SCHEDULE