

































# September 2019 - Herman Aquatics Center Indoor Pool

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

**Color Key**

-  Water Aerobics
-  Water Jogging
-  Swim Club/PreTeam/Masters
-  Pro-Action Therapy
-  Group Lessons

**\*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 THE SCHEDULE**