

November 2019 - Herman Aquatics Center Indoor Pool

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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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

10AM–11:30 AM
4 lanes - lap swim only/ 2 CLOSED ■ Group Lessons

11:30 AM – 8 PM
4 lanes - lap swim only/ ** Open Swim

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

9 AM – 10 AM
5 lanes - lap swim only / 1 CLOSED – ■ ProAction PT

10 AM – 12 PM
3 lanes - lap swim only/ 1 Double Wide Lane/1 CLOSED – ■ ProAction PT

12 PM – 1 PM
2 lanes - lap swim only/ 4 CLOSED – ■ Masters Club

6 AM - 9 AM
5 lanes - lap swim only/ 1 ■ Water Jogging

9 AM - 10 AM
4 lanes - lap swim only/ 2 lanes **Open Swim

10 AM – 11:30 AM
6 lanes - lap swim only

11:30 AM – 1:00 PM
2 lanes - lap swim only/2 Double Wide Lanes

11:30 AM – 1:00 PM
4 lanes - lap swim only/1 Double Wide Lane

6 AM – 10 AM
5 lanes - lap swim only/ 1 ■ Water Jogging

10 AM – 11AM
3 lanes - lap swim only/ 3 CLOSED – ■ Aqua Zumba

11 AM – 12 PM
6 lanes - lap swim only

12 PM – 1 PM
2 lanes - lap swim only/ 4 CLOSED – ■ Masters Club

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

9 AM – 10 AM
5 lanes - lap swim only /1 CLOSED – ■ ProAction PT

10 AM – 1 PM
3 lanes - lap swim only/ 1 Double Wide Lane/CLOSED – ■ ProAction PT

1 PM – 2 PM
3 lanes - lap swim only/3 CLOSED – ■ Aqua Fit

6 AM - 9 AM
5 lanes - lap swim only/ 1 ■ Water Jogging

9 AM – 10AM
6 lanes - lap swim only

10 AM – 11AM
1 lane - lap swim only/1 Double Wide Lane/ 3 CLOSED ■ Aqua Zumba

11 AM-12 PM
2 lanes – lap swim only/ 2 Double Wide Lanes

Color Key

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

1 PM – 2 PM
3 lanes - lap swim only/ 3 CLOSED – ■ Aqua Fit

2 PM – 4 PM
3 lanes - lap swim only/ 1 CLOSED – CLASS/**Open Swim

4 PM – 5 PM
4 lanes - ■ PreTeam/
■ Water Jogging/
■ Group Lessons

1 PM - 2 PM
3 lanes - lap swim only/3 CLOSED – ■ Aqua Fit

2 PM – 4 PM
3 lanes - lap swim only/ 1 CLOSED – CLASS/**Open Swim

4 PM - 5 PM
4 lanes - lap swim only/ 2 CLOSED – ■ Group Lessons

1 PM – 2 PM
3 lanes - lap swim only/ 3 CLOSED – ■ Aqua Fit

2 PM – 4 PM
3 lanes - lap swim only/ 1 CLOSED – CLASS/**Open Swim

4 PM – 5 PM
4 lanes - lap swim only/ 2 CLOSED – ■ Group Lessons

2 PM – 4 PM
3 lanes - lap swim only/ 1 CLOSED – CLASS/**Open Swim

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

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

2 PM - 4 PM
3 lanes - lap swim only/ 1 CLOSED – CLASS/**Open Swim

4 PM – 8 PM
6 lanes - lap swim

***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**

5 PM – 6:30 PM
2 lanes - lap swim only/ 4 CLOSED – ■ Swim Club

6:30PM –7:15PM
2 lanes – lap swim 2 CLOSED- Suspension Class/2 CLOSED – ■ H2O Pilates

7:15 PM – 8 PM
4 lanes - lap swim only/ 2 CLOSED – ■ H2O Pilates

8 PM – 10 PM
5 lanes - lap swim only/ 1 ■ Water Jogging

5 PM - 8 PM
4 lanes - lap swim only/ **Open Swim

8 PM – 10 PM
5 lanes - lap swim only/ 1 CLOSED – ■ Water Jogging

5:15PM–6:30 PM
4 lanes – JDS Swim Team/ 2 lanes- lap swim

6:30PM– 8 PM
4 lanes – lap swim/**Open Swim

8 PM – 10 PM
5 lanes - lap swim only/ 1 ■ Water Jogging

6:30 PM – 7 PM
4 lanes - lap swim only / **Open Swim

7 PM – 8 PM
4 lanes - lap swim only/2 CLOSED – ■ Aqua Pilates

8 PM – 10 PM
5 lanes - lap swim only/ 1 ■ Water Jogging

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 PM
4 lanes - lap swim only/**Open Swim

PLEASE MAKE SURE YOU CHECK THE ADDENDUM FOR CHANGES TO THE SCHEDULE