

# March 2020 - Herman Aquatics Center Indoor Pool

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

**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 group lessons.

\*\*\*Schedule may change to accommodate special events

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