

Monday Pool usage schedule for Fall/Winter 2019-20

(High School season runs from November 11 to February 13.)



	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well	Training Pool		
6:00 AM	Commanders											
6:30 AM												
7:00 AM												
7:30 AM												
8:00 AM						Water Walking						
8:30 AM												
9:00 AM					Senior Water Walking							
9:30 AM												
10:00 AM					Lessons							
10:30 AM												
11:00 AM												
11:30 AM												
12:00 PM												
12:30 PM												
1:00 PM												
1:30 PM												
2:00 PM												
2:30 PM												
3:00 PM												
3:30 PM	Commanders			Herndon High School Swim Practice								
4:00 PM	Commanders			Herndon High School Swim Practice								
4:30 PM	Commanders			Herndon High School Swim Practice								
5:00 PM	Commanders						Lessons		SL Dive Team			
5:30 PM												
6:00 PM												
6:30 PM												
7:00 PM												
7:30 PM	Commanders							Deep H2O 1				
8:00 PM									Deep H2O 2			
8:30 PM					Masters Swim Team - HAM							
9:00 PM	Commanders											

Scheduled group activities have priority for lane usage throughout the day.

There are always 2 lanes available for lap swimmers, however they are expected to be willing to share lanes with other lap swimmers and circle swim if necessary.

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	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well	Training Pool
6:00 AM	Commanders									
6:30 AM										
7:00 AM										
7:30 AM									Deep H2O 2	
8:00 AM										
8:30 AM									Deep H2O 1	
9:00 AM										
9:30 AM						Water Aerobics				
10:00 AM							Therapeutic		H2O Aer	
10:30 AM										
11:00 AM										
11:30 AM										
12:00 PM										
12:30 PM										
1:00 PM										
1:30 PM										
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM	Herndon High School Swim Practice									
4:00 PM										
4:30 PM										
5:00 PM	Commanders						Lessons			SL Dive Team
5:30 PM										
6:00 PM										
6:30 PM										
7:00 PM										
7:30 PM										
8:00 PM										
8:30 PM										
9:00 PM										

Scheduled group activities have priority for lane usage throughout the day.

There are always 2 lanes available for lap swimmers, however they are expected to be willing to share lanes with other lap swimmers and circle swim if necessary.

Wednesday Pool usage schedule for Fall/Winter 2019-20

(High School season runs from November 11 to February 13.)



	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well	Training Pool	
6:00 AM	Commanders										
6:30 AM	Commanders										
7:00 AM	Commanders										
7:30 AM	Commanders								Deep H2O 2		
8:00 AM						Water Walking			Deep H2O 2		
8:30 AM						Water Walking					
9:00 AM					Senior Water Walking						
9:30 AM					Senior Water Walking						
10:00 AM					Lessons						
10:30 AM					Lessons						
11:00 AM											
11:30 AM											
12:00 PM											
12:30 PM											
1:00 PM											
1:30 PM											
2:00 PM											
2:30 PM											
3:00 PM											
3:30 PM	Commanders			Herndon High School Swim Practice							
4:00 PM	Commanders			Herndon High School Swim Practice							
4:30 PM	Commanders			Herndon High School Swim Practice							
5:00 PM	Commanders						Lessons		SL Dive Team		
5:30 PM	Commanders						Lessons				
6:00 PM	Commanders						Lessons				
6:30 PM	Commanders						Lessons		Deep H2O 1		
7:00 PM	Commanders						Lessons		Deep H2O 1		
7:30 PM	Commanders						Lessons		Deep H2O 2		
8:00 PM	Commanders						Lessons		Deep H2O 2		
8:30 PM	Commanders				Masters Swim Team - HAM						
9:00 PM	Commanders				Masters Swim Team - HAM						

Scheduled group activities have priority for lane usage throughout the day.

There are always 2 lanes available for lap swimmers, however they are expected to be willing to share lanes with other lap swimmers and circle swim if necessary.

Thursday Pool usage schedule for Fall/Winter 2019-20
 (High School season runs from November 11 to February 13.)



	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well	Training Pool
6:00 AM	Commanders									
6:30 AM										
7:00 AM										
7:30 AM								Deep H2O 2		
8:00 AM										
8:30 AM									Deep H2O 1	
9:00 AM										
9:30 AM						Water Aerobics				
10:00 AM							Therapeutic		H2O Aer	
10:30 AM										
11:00 AM										
11:30 AM										
12:00 PM										
12:30 PM										
1:00 PM										
1:30 PM						Water Aerobics for Golfers				
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM	Commanders			Herndon High School Swim Practice						
4:00 PM	Commanders			Herndon High School Swim Practice						
4:30 PM	Commanders			Herndon High School Swim Practice						
5:00 PM	Commanders						Lessons			SL Dive Team
5:30 PM										
6:00 PM										
6:30 PM										
7:00 PM										
7:30 PM										
8:00 PM										
8:30 PM										
9:00 PM										

Scheduled group activities have priority for lane usage throughout the day.

There are always 2 lanes available for lap swimmers, however they are expected to be willing to share lanes with other lap swimmers and circle swim if necessary.

Friday Pool usage schedule for Fall/Winter 2019-20
 (High School season runs from November 11 to February 13.)



	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well	Training Pool	
6:00 AM	Commanders										
6:30 AM											
7:00 AM											
7:30 AM											
8:00 AM						Power Splash					
8:30 AM											
9:00 AM					Senior Water Walking						
9:30 AM											
10:00 AM											
10:30 AM											
11:00 AM											
11:30 AM											
12:00 PM											
12:30 PM											
1:00 PM											
1:30 PM											
2:00 PM											
2:30 PM											
3:00 PM											
3:30 PM											
4:00 PM							Lessons				
4:30 PM											
5:00 PM	Commanders										
5:30 PM											
6:00 PM											
6:30 PM	Pool closes at 6pm on Fridays for High School Swimming Meets on November 22, Dec 6, 14, 20 and January 3, 10, 17. Pool closes at 6pm on Dec 13 for a Dive In Movie.										
7:00 PM											
7:30 PM											
8:00 PM											
8:30 PM											
9:00 PM											

Scheduled group activities have priority for lane usage throughout the day.

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Saturday Pool usage schedule for Fall/Winter 2019-20

(High School season runs from November 11 to February 13.)



The pool is open only to lap swimmers ages 13 & up and scheduled swim lessons on Saturdays until noon.

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well	Training Pool														
7:00 AM	Commanders			Open only for Lap Swimming ages 13 and older							Deep H2O													
7:30 AM																								
8:00 AM																								
8:30 AM	Lessons			Lessons																				
9:00 AM																								
9:30 AM																								
10:00 AM																								
10:30 AM																								
11:00 AM																								
11:30 AM																								
12:00 PM																								
12:30 PM																								
1:00 PM																								
1:30 PM													Pirate Ship											
2:00 PM																								
2:30 PM																								
3:00 PM																								
3:30 PM																								
4:00 PM																								
4:30 PM																								
5:00 PM																								
5:30 PM																								

Scheduled group activities have priority for lane usage throughout the day.

There are always 2 lanes available for lap swimmers, however they are expected to be willing to share lanes with other lap swimmers and circle swim if necessary.

Sunday Pool usage schedule for Fall/Winter 2019-20

(High School season runs from November 11 to February 13.)



The pool is open only to lap swimmers ages 13 & up and scheduled swim lessons on Sundays until noon.

After 6pm the spa is closed and the pool is open only to group lessons and the rental swim team.

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Diving Well	Training Pool
7:00 AM	Open only for Lap Swimming ages 13 and older									
7:30 AM										
8:00 AM										
8:30 AM	Rental									
9:00 AM				Lessons						
9:30 AM	Lessons									
10:00 AM										
10:30 AM	Lessons									
11:00 AM										
11:30 AM										
12:00 PM										
12:30 PM										
1:00 PM										
1:30 PM					Pirate Ship					
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM										
4:00 PM	Lessons									
4:30 PM										
5:00 PM										
5:30 PM										
6:00 PM										
6:30 PM				Rental						

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There are always 2 lanes available for lap swimmers, however they are expected to be willing to share lanes with other lap swimmers and circle swim if necessary.