

| Zeit | Montag | | | | | L | E | Dienstag | | | | | L | E | Mittwoch | | | | | L | E | Donnerstag | | | | | L | E | Freitag | | | | | Zeit | Samstag | | | | | L | E | Sonntag | | | | | L | E | | | | |
|-------------|----------------|---|---|---|---|---|---|--------------|---|---|---|---|---|---|---------------|---|---|---|---|---|---|------------|---|---|---|---|---|---|------------|---|-------------|---|---|------|------------|-------------|---|---|---|---|---|------------|----|---|---|---|---|---|---|---|---|---|
| | 25m-Becken | | | | | | | 25m-Becken | | | | | | | 25m-Becken | | | | | | | 25m-Becken | | | | | | | 25m-Becken | | | | | | 25m-Becken | | | | | | | 25m-Becken | | | | | | | | | | |
| | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| 7.00-8.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 7.00-8.00 | | | | | | | | | | | | | | | | |
| 8.45-9.30 | Mittelschule | | | | | | | Grundschule | | | | | | | Realschule | | | | | | | Gymnasium | | | | | | | Gymnasium | | | | | | | WW | | | | | | | | | | | | | | | | |
| 09.50-10.35 | Grundschule | | | | | | | Mittelschule | | | | | | | Förderzentrum | | | | | | | Gymnasium | | | | | | | Gymnasium | | | | | | | WW | | | | | | | DD | | | | | | | | | |
| 10.30-11.15 | Grundschule | | | | | | | Mittelschule | | | | | | | Förderzentrum | | | | | | | Gymnasium | | | | | | | Gymnasium | | | | | | | WW | | | | | | | | | | | | | | | | |
| 11.25-12.10 | Grundschule | | | | | | | Grundschule | | | | | | | Realschule | | | | | | | Gymnasium | | | | | | | Gymnasium | | | | | | | 11.30-12.15 | | | | | | | | | | | | | | | | |
| 12.10-12.55 | Grundschule | | | | | | | Grundschule | | | | | | | Realschule | | | | | | | Gymnasium | | | | | | | Gymnasium | | | | | | | 12.15-13.00 | | | | | | | | | | | | | | | | |
| 12.55-13.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14.00-14.45 | Mittelschule | | | | | | | Mittelschule | | | | | | | Mittelschule | | | | | | | Gymnasium | | | | | | | | | 14.00-14.45 | | | | | | | | | | | | | | | | | | | | | |
| 14.45-15.30 | Mittelschule | | | | | | | Mittelschule | | | | | | | Mittelschule | | | | | | | Gymnasium | | | | | | | | | 14.45-15.30 | | | | | | | | | | | | | | | | | | | | | |
| 15.30-16.15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16.15-17.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17.00-18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18.00-19.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19.00-20.00 | WW | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20.00-21.00 | WW (-20.45Uhr) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21.00-22.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Legende:
 25m-Becken = Schwimmerbecken (1-5 entspricht den Bahnen)
 L = Lehrschwimmbecken
 E = Erlebnisbecken

Es kann zu kurzfristigen Bahnenbelegungen durch Vereine kommen.

Schulschwimmen
 Vereine: WW = Wasserwacht, TR = Tri-Team, DAV= DAV Hersbruck
 Tauchclub DS Tauchschule Dive Sector DD Tauchschule Devil Divers