



Aberdeen Family YMCA Aquatics Center Information Effective September 7, 2010

Lap Pool Schedule

Times may change without prior notice							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	CLOSED	Water	CLOSED	Water	CLOSED	CLOSED	CLOSED
6:00 AM	Lap Swim 6:00-10:00AM	Wake-Up	Lap Swim 6:00-10:00AM	Wake-Up	Lap Swim 6:00AM-12:00PM		
6:30 AM		5:35-6:30AM		5:35-6:30AM			
7:00 AM		Lap Swim 5:30AM-7:15PM		Lap Swim 10:00AM-1:45PM		Lap Swim 5:30AM-7:15PM	
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	Aquacise	Lap Swim 5:30AM-7:15PM	Aquacise	Lap Swim 5:30AM-7:15PM	Aquacise	WWW (Oct 2nd)	
9:30 AM	9:00-10:00AM		9:00-10:00AM		9:00-10:00AM	9:00-9:45AM	
10:00 AM	Lap Swim 10:00AM-1:45PM		Lap Swim 10:00AM-1:45PM		Lap Swim 5:30AM-7:15PM	Open Swim 10:00AM-12:00PM	
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM	Young @ Heart 1:00-1:45PM	Aberdeen School District 2:15-4:30PM	Young @ Heart 1:00-1:45PM	Aberdeen School District 2:15-4:30PM	Lap Swim 12:00-8:00PM	Lap Swim 11:45AM-4:00PM	Lap Swim 12:00-4:00PM
12:30 PM							
1:00 PM							
1:30 PM	Lap Swim 1:45-8:00PM	Aberdeen School District 2:15-4:30PM	Lap Swim 1:45-8:00PM	Aberdeen School District 2:15-4:30PM	Lap Swim 12:00-8:00PM	Open/Family Swim 1:00-4:00PM	Open/Family Swim 1:00-4:00PM
2:00 PM							
2:30 PM							
3:00 PM	Open Swim 3:45-5:30PM	WWW 4:45-5:30PM	Open Swim 3:45-5:30PM	WWW 4:45-5:30PM	Open Swim 3:45-8:00PM	CLOSED	CLOSED
3:30 PM							
4:00 PM							
4:30 PM	Aqua Power 5:30-6:15PM	Pool V-Ball 5:30-6:30PM	Aqua Power 5:30-6:15PM	Swim Lessons 5:30-7:15PM	Open Swim 3:45-8:00PM	CLOSED	CLOSED
5:00 PM							
5:30 PM							
6:00 PM	Open Swim 6:15-8:00PM	Swim Lessons 5:30-7:15PM	Open Swim 6:15-8:00PM	Swim Lessons 5:30-7:15PM	Lap Swim 8:00-8:30PM	Lap Swim 8:00-8:30PM	Lap Swim 8:00-8:30PM
6:30 PM							
7:00 PM							
7:30 PM	Lap Swim 8:00-8:30PM	Lap Swim 7:15-8:30PM	Lap Swim 8:00-8:30PM	Lap Swim 7:15-8:30PM	Lap Swim until 8:00PM	Lap Swim until 8:00PM	Lap Swim until 8:00PM
8:00 PM							
8:30 PM	Lap Swim 8:00-8:30PM	Lap Swim 7:15-8:30PM	Lap Swim 8:00-8:30PM	Lap Swim 7:15-8:30PM	Lap Swim until 8:00PM	Lap Swim until 8:00PM	Lap Swim until 8:00PM
8:30 PM							

Times may change without prior notice

Family Fun Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
9:30 AM	CLOSED	CLOSED	CLOSED	CLOSED	Open Swim 10:00-12:00PM	Swim Lessons 9:30-11:45AM	CLOSED				
10:00 AM											
10:30 AM											
11:00 AM											
11:30 AM											
12:00 PM					CLOSED						
12:30 PM											
1:00 PM					CLOSED	CLOSED		CLOSED	CLOSED	Open Swim 1:00-4:00PM	Open Swim 1:00-4:00PM
1:30 PM											
2:00 PM											
2:30 PM											
3:00 PM											
3:30 PM	Open Swim 3:45-8:00PM	CLOSED	Open Swim 3:45-8:00PM	CLOSED	Open Swim 3:45-8:00PM	CLOSED					
4:00 PM											
4:30 PM											
5:00 PM											
5:30 PM							Swim Lessons 5:30-7:15PM				
6:00 PM											
6:30 PM											
7:00 PM											
7:30 PM											
8:00 PM							CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

Lap Swim Hours

Monday

6:00AM-9:00AM [8]
 9:00AM-10:00AM [3]
 10:00AM-1:00PM [8]
 1:00PM-1:45PM [3]
 1:45PM-3:45PM [8]
 3:45PM-8:00PM [3]
 8:00PM-8:30PM [8]

Tuesday

5:30AM-6:30AM [3]
 6:30AM-2:15PM [8]
 2:15PM-5:30PM [3]
 5:30PM-7:15PM [limit]
 7:15PM-8:30PM [8]

Wednesday

6:00AM-9:00AM [8]
 9:00AM-10:00AM [3]
 10:00AM-1:00PM [8]
 1:00PM-1:45PM [3]
 1:45PM-3:45PM [8]
 3:45PM-8:00PM [3]
 8:00PM-8:30PM [8]

Thursday

5:30AM-6:30AM [3]
 6:30AM-2:15PM [8]
 2:15PM-5:30PM [3]
 5:30PM-7:15PM [limited]
 7:15PM-8:30PM [8]

Friday

6:00AM-9:00AM [8]
 9:00AM-12:00PM [3]
 12:00PM-3:45PM [8]
 3:45PM-8:00PM [3]

Saturday

7:00AM-9:00AM [8]
 9:00AM-10:00AM [3]
 10:00AM-11:45AM [limit]
 11:45AM-1:00PM [8]
 1:00PM-4:00PM [3]

Sunday

12:00-1:00PM [8]
 1:00-4:00PM [3]

Other Info.

**Lifeguard breaks occur 10 minutes to the hour during open swim times that are over two hours in length

**Limited lap swim occurs during swim lessons. Swim lesson have priority!

**Children 6 years old and younger must have an adult within arms length at all times

**Children ages 7-11 may swim in the lap pool after taking the swim test

**The lifeguard have the final say in any and all situations

**Swim diapers must be worn and are available at the front desk

**You must be 16 years of age to come during lap swim times. If under 16, you may come with a guardian. Must be swimming laps.

***Any questions or concerns, please contact Ashley Elbers at 225-4910

The [] number is the amount of lanes that should be available.
 During swim lessons, space is extremely limited!!!
 May change without notice.

***UPDATED 9/5/2010**