



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS CENTER SCHEDULE

ABERDEEN FAMILY YMCA

WINTER 2012

Revised: 2/01/2012

LAP SWIM TIMES

MON	TUES	WED	THUR	FRI	SAT	SUN
6:00a-9:00a 8 lanes	5:30a-6:30a 3 lanes	6:00a-9:00a 8 lanes	5:30a-6:30a 3 lanes	6:00a-9:00a 8 lanes	7:00a-9:00a 8 lanes	12:00p-4:00p 3 lanes
9:00a-11:45a 3 lanes	6:30a-4:30p 8 lanes	9:00a-11:45a 3 lanes	6:30a-4:30p 8 lanes	9:00a-1:45p 3 lanes	9:00a-5:30p 3 lanes	
11:45a-1:00p 8 lanes	4:30p-5:30p no lanes	11:45a-1:00p 8 lanes	4:30p-5:30p no lanes	1:45p-3:45p 8 lanes		
1:00p-7:00p 3 lanes	5:30p-7:15p 3 lanes	1:00p-7:00p 3 lanes	5:30p-7:15p 8 lanes	2:00p-7:00p 3 lanes		
7:00p-8:30p 8 lanes	7:15p-8:30p 8 lanes	7:00p-8:30p 8 lanes	7:15p-8:30p 8 lanes	7:00p-8:00p 8 lanes		

OPEN/FAMILY SWIM TIMES

MON	TUES	WED	THUR	FRI	SAT	SUN
3:45p-7:00p		3:45p-7:00p		10:00a-12:00p 3:45p-7:00p	12:00p-5:30p	12:00p-4:00p

WATER GROUP X CLASSES

MON	TUES	WED	THUR	FRI	SAT	SUN
	5:35a-6:30a Water Wake Up		5:35a-6:30a Water Wake Up			
9:00a-10:00a Aquacise		9:00a-10:00a Aquacise		9:00a-10:00a Aquacise	9:00a-9:45a Wild Water Workout	
1:00p-1:45p Young at Heart		1:00p-1:45p Young at Heart		1:00p-1:45p Young at Heart		
		4:30p-5:15p Hydrorider				
5:30p-6:15p Aqua Power	4:45p-5:30p Wild Water Workout	5:30p-6:15p Aqua Power	4:45p-5:30p Wild Water Workout			
6:20p-7:00p Warm Water Stretch	5:30p-6:30p Pool Volleyball	6:30p-7:15p Hydrorider				

GROUP SWIM LESSON TIMES

MON	TUES	WED	THUR	FRI	SAT	SUN
					9:15a-11:45a	
	4:30p-7:15p		4:30p-7:15p			

FOR MORE INFO PLEASE CONTACT
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