



# AQUATIC CENTER SCHEDULE Spring 2019

## LAP SWIM TIMES

*Lane availability is subject to change at any time*

3/5/2019

MON	TUES	WED	THUR	FRI	SAT	SUN
5:30a-6:00a 8 lanes	5:30a-6:30a 3 lanes (circle swim)	5:30a-6:00a 8 lanes	5:30a-6:30a 3 lanes (circle swim)	5:30a-6:00a 8 lanes	7:00a-9:00a 8 lanes	12:00p-1:30p 2 lanes (circle swim)
6:00a-7:00a 3 lanes (circle swim)	11:00a-11:30a 3 lanes (circle swim)	6:00a-7:00a 3 lanes (circle swim)	6:30a-10:00a 8 lanes	6:00a-7:00a 3 lanes (circle swim)	9:00a-10:00a 3 lanes (circle swim)	1:30p-4:00p 3 lanes (circle swim)
7:00a-9:00a 8 lanes	11:30a-2:00p 8 lanes	7:00a-8:30a 8 lanes	10:00a-10:30a 3 lanes (circle swim)	7:00a-9:00a 3 lanes (circle swim)	10:00a-12:00p 3 lanes (circle swim)	
9:00a-11:45a 3 lanes (circle swim)	2:00p-2:30p 3 lanes (circle swim)	9:15a-11:45a 3 lanes (circle swim)	10:30a-1:30p 8 lanes	9:00a-11:45a 3 lanes (circle swim)	12:00p-5:30p 3 lanes (circle swim)	
11:45a-1:00p 8 lanes	2:30p-4:30p 8 lanes	11:45a-4:00p 8 lanes	1:30p-2:00p 3 lanes (circle swim)	11:45a-4:00p 8 lanes		
1:00p-7:30pm 3 lanes (circle swim)	4:30p-7:30p 1 lane (circle swim)	4:00p-7:00pm 3 lanes (circle swim)	2:00p-4:00p 8 lanes	4:00p-7:00pm 3 lanes (circle swim)	Lane availability is subject to change at any time.	
7:30p-8:30p 8 lanes	6:30p-8:30p 8 lanes	7:00p-8:30p 7 lanes	4:00p-8:30p 3 lanes (circle swim)	7:00p-8:00p 8 lanes		

## OPEN / FAMILY SWIM TIMES

MON	TUES	WED	THUR	FRI	SAT	SUN
4:00-7:00p		4:00-7:00p		4:00-7:00p	12:00p-5:30p	2:00p-5:30p

## 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-9:45a Aquacise		9:00a-9:45a Aquacise		9:00a-9:45a Aquacise	9:00a-9:45a Wild Water Workout	
11:00a-11:45a Young at Heart		11:00a-11:45a Young at Heart		11:00a-11:45a Young at Heart		
5:30p-6:15p Aqua HIIT	4:45p-5:30p Wild Water Workout	5:30p-6:15p Aqua HIIT	4:45p-5:30p Wild Water Workout			
	5:30p-6:30p Pool Volleyball	6:30p-7:15p Hydrorider				

TRY OUT OUR  
ADULT SWIM  
LESSONS!

## GROUP SWIM LESSON TIMES

MON	TUES	WED	THUR	FRI	SAT	SUN
	4:30p-7:30p Group Lessons		4:30p-7:30p Group Lessons		9:00-11:45a Group Lessons	12:10-1:30p Group Lessons

## MASTERS SWIMMING

MON	TUES	WED	THUR	FRI	SAT	SUN
6:00a-7:00a Masters Swimming		6:00a-7:00a Masters Swimming		6:00a-7:00a Masters Swimming		

FOR MORE INFO, PLEASE CONTACT:  
the Aquatic Department

E: [aquatics@aberdeenymca.org](mailto:aquatics@aberdeenymca.org)