



AQUATICS CENTER SCHEDULE

Effective September 8, 2020

LAP SWIM TIMES

Lane availability is subject to change at any time.

MON	TUES	WED	THUR	FRI	SAT	SUN
5:30a-9:00a 8 lanes	5:30a-6:30a 2-4 lanes	5:30a-9:00a 8 lanes	5:30a-6:30a 2-4 lanes	5:30a-9:00a 8 lanes	7:00a-9:00a 8 lanes	12:00p-4:00p 8 lanes
9:00a-9:45a 2-4 lanes	6:30a-4:45p 8 lanes	9:00a-9:45a 2-4 lanes	6:30a-4:45p 8 lanes	9:00a-9:45a 2-4 lanes	9:00a-9:45a 2-4 lanes	
9:45a-11:00a 8 lanes	4:45p-5:30p 2-4 lanes	9:45a-11:00a 8 lanes	4:45p-5:30p 2-4 lanes	9:45a-11:00a 8 lanes	9:45-4:00p 8 lanes	
11:00a-11:45a 2-4 lanes	5:30p-8:00p 8 lanes	11:00a-11:45a 2-4 lanes	5:30p-8:00p 8 lanes	11:00a-11:45a 2-4 lanes		
11:45a-8:00p 8 lanes		11:45a-8:00p 8 lanes		11:45a-8:00p 8 lanes		

WATER GROUP FITNESS 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		
	4:45p-5:30p Wild Water Workout		4:45p-5:30p Wild Water Workout			

FOR MORE INFO, PLEASE CONTACT:

Dan Severson, Aquatic Director

E: dseverson@aberdeenymca.org