



AQUATICS CENTER SCHEDULE

Effective January 22, 2022

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 4 lanes	5:30a-9:00a 8 lanes	5:30a-6:30a 4 lanes	5:30a-9:00a 8 lanes	7:00a-9:00a 8 lanes	12:00p-12:30p 8 lanes
9:00a-9:45a 4 lanes	6:30a-4:45p 8 lanes	9:00a-9:45a 3-4 lanes	6:30a-4:45p 8 lanes	9:00a-9:45a 3-4 lanes	9:00a-9:45a 3-4 lanes	12:30p-1:10p 6 lanes
9:45a-11:00a 8 lanes	4:45p-5:30p 4 lanes	9:45a-11:00a 8 lanes	4:45p-5:30p 3-4 lanes	9:45a-11:00a 8 lanes	9:45a-12:15 5 Lanes	1:10p-2:00p 6 lanes
11:00a-11:45a 4 lanes	5:30p-6:30p 2 lanes	11:00a-11:45a 3-4 lanes	5:30p-7:00p 5 lanes	11:00a-11:45a 3-4 lanes	12:15p-5:30p 3 Lanes	2:00p-5:30p 3 lanes
11:45a-4:00p 8 lanes	6:30p-7:00p 5 Lanes	11:45a-4:00p 8 lanes	7:00p-8:30p 8 lanes	11:45a-4:00p 8 lanes		
4:00p-6:00p 3 lanes	7:00p-8:30p 8 lanes	4:00p-6:00p 3 lanes		4:00p-7:00p 3 lanes		
6:00p-7:00p 2 lanes		6:00p-7:00p 2 lanes		7:00p-8:00p 8 lanes		
7:00p-8:30p 8 lanes		7:00p-8:30p 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			
	5:30p-6:30p Pool Volleyball	6:15p-7:00p Hydrorider				

GROUP SWIM LESSON TIMES

MON	TUES	WED	THUR	FRI	SAT	SUN
6:00pm-6:40pm	4:40pm-7pm	6:00pm-6:40pm	4:40pm-7pm		9:00am-12:10pm	12:30pm-2:00pm

Open Swim Times

MON	TUES	WED	THUR	FRI	SAT	SUN
4:00p-7:00p		4:00p-7:00p		4:00p-7:00p	12:15p-5:30p	2:15p-5:30p

FOR MORE INFO, PLEASE CONTACT:
 Dan Severson, Aquatic Director
 E: dseverson@aberdeenyumca.org