

## AQUATICS CENTER SCHEDULE Effective May 30, 2023

LAP SWIM TIMES			Lane availability is subject to change at any time.					
MON	TUES	WED	THUR	FRI	SAT	SUN		
5:30a-9:00a	5:30a-4:30p	5:30a-9:00a	5:30a-6:30p	5:30a-6:30a	7:00a-9:00a	12:00p-1:00p		
8 lanes	8 lanes	8 lanes	4 lanes	3 lanes	8 lanes	8 lanes		
9:00a-9:45a	4:30p-5:30p	9:00a-9:45a	6:30a-4:30p	6:30a-9:00a	9:00a-9:45a	1:00p-4:00p		
3 lanes	2 lanes	3 lanes	8 lanes	8 lanes	3 lanes	3 lanes		
9:45a-11:00a	5:30p-6:30p	9:45a-11:00a	4:30p-5:30p	9:00a-9:45a	9:45a-1:00p			
8 lanes	3 lanes	8 lanes	2 lanes	3 lanes	8 Lanes			
11:00a-11:45a	6:30p-7:00p	11:00a-11:45a	5:30p-7:00p	9:45a-11:00a	1:00p-4:00p			
3 lanes	6 lanes	3 lanes	6 lanes	8 lanes	3 Lanes			
11:45a-1:00p	7:00p-8:00p	11:45a-1:00p	7:00p-8:00p	11:00a-11:45a				
8 lanes	8 lanes	8 lanes	8 lanes	3 lanes				
1:00p-4:30p		1:00p-4:30p		11:45a-1:00p				
3 lanes		3 lanes		8 lanes				
4:30p-5:30p		4:30p-5:30p		1:00p-6:00p				
2 lanes		2 lanes		3 lanes				
5:30p-6:00p		5:30p-6:00p		6:00p-8:00p				
1 lane		1 lane		8 lanes				
6:00p-7:00p		6:00p-7:00p						
6 lanes		6 lanes						
7:00p-8:00p		7:00p-8:00p						
8 lanes		8 lanes						
Water Group	Fitness Classe	s						
MON	TUES	WED	THUR	FRI	SAT	SUN		
			5:35a-6:30a					
			Water Wake Up					
9:00a-9:45a		9:00a-9:45a		9:00a-9:45a	9:00a-9:45a			

es
2

MON	TUES	WED	THUR	FRI	SAT	SUN
			5:35a-6:30a			
			Water Wake Up			
9:00a-9:45a		9:00a-9:45a		9:00a-9:45a	9:00a-9:45a	
Aquacise		Aquacise		Aquacise	Wild Water Workout	
11:00a-11:45a		11:00a-11:45a		11:00a-11:45a		
Young at Heart		Young at Heart		Young at Heart		
	4:45p-5:30p		4:45p-5:30p			
	Wild Water Workout		Wild Water Workout			
	5:30p-6:30p					
	Pool Volleyball					

## **MASTERS SWIM TIMES**

MON	TUES	WED	THUR	FRI	SAT	SUN
-----	------	-----	------	-----	-----	-----

5:30a-6:30a

## **GROUP SWIM LESSON TIMES (June 5- June 15)**

MON	TUES	WED	THUR	FRI	SAT	SUN		
4:40p-7:00p	4:40p-7:00p	4:40p-7:00p	4:40p-7:00p					
Open Swim Times								
MON	TUES	WED	THUR	FRI	SAT	SUN		
1:00p-6:00p		1:00p-6:00p		1:00p-6:00p	1:00p-4:00p	1:00p-4:00p		

FOR MORE INFO, PLEASE CONTACT:

Dan Severson, Aquatic Director E: dseverson@aberdeenymca.org