

AQUATICS CENTER SCHEDULE Effective Jan. 1st, 2024

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-6:00a	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	6 lanes
9:00a-9:45a	6:00a-6:45a	9:00a-9:45a	6:30a-4:30p	6:30a-9:00a	9:00a-9:45a	1:00p-2:00p
3 lanes	4 lanes	3 lanes	8 lanes	8 lanes	3 lanes	5 lane
9:45a-11:00a	6:45a-4:30p	9:45a-11:00a	4:30p-5:30p	9:00a-9:45a	9:45a-12:15p	2:00p-5:30p
8 lanes	8 lanes	8 lanes	3 lanes	3 lanes	6 Lanes	3 lanes
11:00a-11:45a	4:30p-7:00p	11:00a-11:45a	5:30p-7:00p	9:45a-11:00a	12:15p-1:00p	
3 lanes	3 lanes	3 lanes	6 lanes	8 lanes	8 Lanes	
11:45a-4:00p	7:00p-8:30p	11:45a-4:00p	7:00p-8:30p	11:00a-11:45a	1:00p-5:30p	
8 lanes	8 lanes	8 lanes	8 lanes	3 lanes	3 Lanes	
4:00p-7:00p		4:00p-7:00p		11:45a-4:00p		-
3 lanes		3 lanes		8 lanes		
7:00p-8:30p		7:00p-8:30p		4:00p-7:00p		_
8 lanes		8 lanes		3 lanes		
				7:00p-8:00p		
				8 lanes		

Water Group Fitness Classes

MON	TUES	WED	THUR	FRI	SAT	SUN
	6:00a-6:45a		5:35a-6:30a			
	Hydrorider		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					
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MASTERS SV	VIM TIMES					
MON	TUES	WED	THUR	FRI	SAT	SUN
				5:30a-6:30a		
GROUP SWI	M LESSON TIMES	5				
MON	TUES	WED	THUR	FRI	SAT	SUN
	4:40p-7:00p		4:40p-7:00p		9:00a-12:10p	12:30p-2:00p
Open Swim 1	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@aberdeenymca.org