



# AQUATICS CENTER SCHEDULE

Effective May 28, 2024

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

## WATER GROUP FITNESS CLASSES

MON	TUES	WED	THUR	FRI	SAT	SUN
	6:00a-6:45a Hydrorider		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					

## MASTERS SWIM TIMES

MON	TUES	WED	THUR	FRI	SAT	SUN

## GROUP SWIM LESSON TIMES

MON	TUES	WED	THUR	FRI	SAT	SUN
4:30p-7:00p	4:30p-7:00p	4:30p-7:00p	4:30p-7:00p	June 3 - 13 & July 29 - August 8		
9:30a-12:00p	9:30a-12:00p	9:30a-12:00p	9:30a-12:00p	July 8 - 18		

## 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:

Aquatic Director: 605-225-4910

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

Note: during swim lessons, the rec pool spray features will be turned off