



# AQUATICS CENTER SCHEDULE

Effective August 20th, 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-6:00a 8 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	12:00-12:30p 5 lanes
9:00a-9:45a 3 lanes	6:00a-6:45a 4 lanes	9:00a-9:45a 3 lanes	6:30a-4:30p 8 lanes	9:00a-9:45a 3 lanes	9:00a-9:45a 3 lanes	12:30-2:00 5 lanes
9:45a-11:00a 8 lanes	6:45a-4:30p 8 lanes	9:45a-11:00a 8 lanes	4:30p-7:00p 3 lanes	9:45a-11:00a 8 lanes	9:45a-12:15p 6 Lanes	2:15-5:30pm 3 lanes
11:00a-11:45a 3 lanes	4:30p-5:30p 4 lanes	11:00a-11:45a 3 lanes	7:00p-8:30p 8 lanes	11:00a-11:45a 3 lanes	12:15p-5:30p 3 Lanes	
11:45a-5:30p 8 lanes	5:30-7:00p 2-3 lanes	11:45a-5:30p 8 lanes		11:45a-4:00p 8 lanes		
5:30p-7:00p 3 lanes	7:00-8:30p 8 lanes	5:30p-7:00p 3 lanes		4:00p-7:00p 3 lanes		
7:00p-8:30p 8 lanes		7:00p-8:30p 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-6:45p Pool Volleyball					

## GROUP SWIM LESSON TIMES

MON	TUES	WED	THUR	FRI	SAT	SUN
5:30-7:30p		5:30-7:30p				
	4:30-7p		4:30-7p			
					9:00a-12:10p	
						12:30-2p

## 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:**

**Aquatic Director: 605-225-4910**

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