



# AQUATICS CENTER SCHEDULE

Effective January 28, 2025

## LAP SWIM TIMES

*Lane availability is subject to change at any time.*

MON	TUES	WED	THUR	FRI	SAT	SUN
<b>5:30a-9:00a</b> 8 lanes	<b>5:30a-6:00a</b> 8 lanes	<b>5:30a-9:00a</b> 8 lanes	<b>5:30a-6:30a</b> 4 lanes	<b>5:30a-9:00a</b> 8 lanes	<b>7:00a-9:00a</b> 8 lanes	<b>12:00-12:30p</b> 5 lanes
<b>9:00a-9:45a</b> 3 lanes	<b>6:00a-6:45a</b> 4 lanes	<b>9:00a-9:45a</b> 3 lanes	<b>6:30a-12:00p</b> 8 lanes	<b>9:00a-9:45a</b> 3 lanes	<b>9:00a-9:45a</b> 3 lanes	<b>12:30-2:00</b> 5 lanes
<b>9:45a-11:00a</b> 8 lanes	<b>6:45a-12:00p</b> 8 lanes	<b>9:45a-11:00a</b> 8 lanes	<b>12:00p-1:00p</b> 4 lanes	<b>9:45a-11:00a</b> 8 lanes	<b>9:45a-12:15p</b> 6 Lanes	<b>2:15-5:30pm</b> 3 lanes
<b>11:00a-12:00p</b> 3 lanes	<b>12:00p-1:00p</b> 4 lanes	<b>11:00a-12:00p</b> 3 lanes	<b>1:00p-4:30p</b> 8 lanes	<b>11:00a-12:00p</b> 3 lanes	<b>12:15p-5:30p</b> 3 Lanes	
<b>12:00p-1:00p</b> 4 lanes	<b>1:00p-4:30p</b> 8 lanes	<b>12:00-1:00p</b> 4 lanes	<b>4:30-7:15p</b> 3 lanes	<b>12:00p-1:00p</b> 4 lanes		
<b>1:00p-4:00p</b> 4 lanes	<b>4:30p-7:15p</b> 2-3 lanes	<b>1:00p-4:00p</b> 8 lanes	<b>7:15p-8:30p</b> 4 lanes	<b>1:00p-4:00p</b> 8 lanes		
<b>4:00p-7:15p</b> 3 lanes	<b>7:15p-8:30p</b> 4 lanes	<b>4:00p-7:15p</b> 3 lanes		<b>4:00p-7:00p</b> 3 lanes		
<b>7:15p-8:30p</b> 4 lanes		<b>7:15p-8:30p</b> 4 lanes		<b>7:00-8:00p</b> 8 lanes		

## WATER GROUP FITNESS CLASSES

MON	TUES	WED	THUR	FRI	SAT	SUN
			<b>5:35a-6:30a</b> Water Wake Up	<b>5:35a-6:20a</b> Water Aerobics		
<b>9:00a-9:45a</b> Aquacise		<b>9:00a-9:45a</b> Aquacise		<b>9:00a-9:45a</b> Aquacise	<b>9:00a-9:45a</b> Wild Water Workout	
<b>11:00a-11:45a</b> Young at Heart		<b>11:00a-11:45a</b> Young at Heart		<b>11:00a-11:45a</b> Young at Heart		
<b>12:00p-1:00p</b> Water Walking	<b>12:00p-1:00p</b> Water Walking	<b>12:00p-1:00p</b> Water Walking	<b>12:00p-1:00p</b> Water Walking	<b>12:00p-1:00p</b> Water Walking		
	<b>4:45p-5:30p</b> Wild Water Workout		<b>4:45p-5:30p</b> Wild Water Workout			
	<b>5:30p-6:45p</b> Pool Volleyball					
<b>7:15-8:15p</b> Water Walking	<b>7:15-8:15p</b> Water Walking	<b>7:15-8:15p</b> Water Walking	<b>7:15-8:15p</b> Water Walking			

## GROUP SWIM LESSON TIMES

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

## OPEN SWIM TIMES

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

**FOR MORE INFO, PLEASE CONTACT:**  
 Shayna Asuncion, Aquatic Director: 605-225-4910  
 Email: [aquatics@aberdeenymca.org](mailto:aquatics@aberdeenymca.org)