



# AQUATICS CENTER SCHEDULE

Effective June 3, 2025

## LAP SWIM TIMES

Lane availability is subject to change at any time.

| MON                     | TUES                    | WED                     | THUR                   | FRI                     | SAT                    | SUN                     |
|-------------------------|-------------------------|-------------------------|------------------------|-------------------------|------------------------|-------------------------|
| 5:30a-9:00a<br>8 lanes  | 5:30a-6:30a<br>4 lanes  | 5:30a-9:00a<br>8 lanes  | 5:30a-6:30p<br>4 lanes | 5:30a-6:30a<br>4 lanes  | 7:00a-9:00a<br>8 lanes | 12:00p-1:00p<br>8 lanes |
| 9:00a-9:45a<br>4 lanes  | 6:30a-12:00p<br>8 lanes | 9:00a-9:45a<br>4 lanes  | 6:30a-4:30p<br>8 lanes | 6:30a-9:00a<br>8 lanes  | 9:00a-9:45a<br>4 lanes | 1:00p-4:00p<br>3 lanes  |
| 9:45a-11:00a<br>8 lanes | 12:00p-1:00p<br>4 lanes | 9:45a-11:00a<br>8 lanes | 4:30p-5:30p<br>3 lanes | 9:00a-9:45a<br>4 lanes  | 9:45a-1:00p<br>8 Lanes |                         |
| 11:00a-1:00p<br>4 lanes | 1:00p-4:30p<br>8 lanes  | 11:00a-1:00p<br>4 lanes | 5:30p-7:30p<br>8 lanes | 9:45a-11:00a<br>8 lanes | 1:00p-4:00p<br>3 Lanes |                         |
| 1:00p-6:00p<br>3 lanes  | 4:30p-5:30p<br>3 lanes  | 1:00p-6:00p<br>3 lanes  | 7:30p-8:00p<br>4 lanes | 11:00a-1:00p<br>4 lanes |                        |                         |
| 6:00p-7:30p<br>8 lanes  | 5:30-6:45pm<br>No Lanes | 6:00p-7:30p<br>8 lanes  |                        | 1:00p-6:00p<br>3 lanes  |                        |                         |
| 7:30p-8:00p<br>4 lanes  | 6:45p-8:00p<br>4 Lanes  | 7:30p-8:00p<br>4 lanes  |                        | 6:00p-8:00p<br>8 lanes  |                        |                         |

## WATER GROUP FITNESS CLASSES

| MON                             | TUES                              | WED                             | THUR                              | FRI                             | SAT                               | SUN |
|---------------------------------|-----------------------------------|---------------------------------|-----------------------------------|---------------------------------|-----------------------------------|-----|
|                                 | 5:35a-6:30a<br>Water Wake Up      |                                 | 5:35a-6:30a<br>Water Wake Up      | 5:35a-6:20a<br>Water Aerobics   |                                   |     |
| 9:00a-9:45a<br>Aquacise         |                                   | 9:00a-9:45a<br>Aquacise         |                                   | 9:00a-9:45a<br>Aquacise         | 9:00a-9:45a<br>Wild Water Workout |     |
| 11:00a-11:45a<br>Young at Heart | 4:45p-5:30p<br>Wild Water Workout | 11:00a-11:45a<br>Young at Heart |                                   | 11:00a-11:45a<br>Young at Heart |                                   |     |
|                                 | 5:30p-6:30p<br>Pool Volleyball    |                                 | 4:45p-5:30p<br>Wild Water Workout |                                 |                                   |     |

## WATER WALKING

| MON                           | TUES                          | WED                           | THUR                          | FRI                           | SAT | SUN |
|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-----|-----|
| 12:00p-1:00p<br>Water Walking | 12:00p-1:00p<br>Water Walking | 12:00p-1:00p<br>Water Walking | 12:00p-1:00p<br>Water Walking | 12:00p-1:00p<br>Water Walking |     |     |
| 7:30p-8:00p<br>Water Walking  | 7:30p-8:00p<br>Water Walking  | 7:30p-8:00p<br>Water Walking  | 7:30p-8:00p<br>Water Walking  |                               |     |     |

## GROUP SWIM LESSON TIMES

| MON          | TUES         | WED          | THUR         | FRI                                 | SAT | SUN |
|--------------|--------------|--------------|--------------|-------------------------------------|-----|-----|
| 9:30a-12:00p | 9:30a-12:00p | 9:30a-12:00p | 9:30a-12:00p | June 16 - 26 &<br>July 21 - July 31 |     |     |
| 5:15p-7:30p  | 5:15p-7:30p  | 5:15p-7:30p  | 5:15p-7:30p  | June 2 - 12 &<br>July 7 - July 17   |     |     |

## 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 and the South side of Rec Pool will be unavailable**

**\*During swim lessons lane availability may be reduced in the lap pool.**