

# Rock Hill Aquatics Center

325 Rawlinson Rd. 817-7665

**HOURS:** 6:00am - 8:00pm Mon-Fri  
8:00am - 6:00pm Sat  
1:00pm - 6:00pm Sun

1 Lap pool & 1 warm water pool

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Lap Swim Water Walking 6:30-8:00am	Lap Swim Water Walking 6:30-8:00am	Lap Swim Water Walking 6:30-8:00am	Lap Swim Water Walking 6:30-8:00am	Lap Swim Water Walking 6:30-8:00am	Check schedule for swim meets
Cardio Strength w/ Ann 8:00-9:00am	Cardio Strength Noodles 8:00-9:00am	Cardio Strength 8:00-9:00am	Cardio Strength 8:00-9:00am	Aqua L3 Kickboxing 8:00-9:00am	Early Morning JAVA 8:00-9:00am
Open Swim Cold Pool Only 8:30-11:00am	Open Swim Cold Pool Only 8:30-11:00am	Open Swim Cold Pool Only 8:30-11:00am	Open Swim Cold Pool Only 8:30-11:00am	Open Swim Cold Pool Only 8:30-11:00am	
9:15-11:00 am School District Swim Lessons					
Lap Swim 11:00 - 12:15pm	Lap Swim Arthritis 11:00-11:45am Prenatal w/Pat 11:00-12:00pm	Lap Swim 11:00 - 12:15pm	Lap Swim Arthritis 11:00-11:45am Prenatal w/Pat 11:00-12:00pm	Lap Swim 11:00 - 12:15pm	
Waves In Motion Tammy 11:15-12:15pm	Open Swim 12:15-4:30pm	Waves In Motion Tammy 11:15-12:15pm	Open Swim 12:15-4:30pm	Waves In Motion Tammy 11:15-12:15pm	
12:15-2:00 pm School District Swim Lessons					
Open Swim 2:00-4:30pm	Open Swim 2:00-4:30pm	Open Swim 2:00-4:30pm	Open Swim 2:00-4:30pm	Open Swim 2:00-4:30pm	Open Swim 8:00am-6:00pm
Under 12 must have adult supervision					
Cardio Strength Ruth 4:30-5:30pm	Cardio Strength 4:30-5:30pm	Cardio Strength 4:30-5:30pm	Cardio Strength 4:30-5:30pm	Cardio Strength 4:30-5:30pm	
Swim Lessons 4:30-6:00pm	Swim Lessons 4:30-6:00pm	Swim Lessons 4:30-6:00pm	Swim Lessons 4:30-6:00pm	Swim Lessons 4:30-6:00pm	
Level 2-3 Fun Addicts Lynn 6:00-7:00pm	Level 1-2 Water Aerobics 6:00-7:00pm	Level 2-3 Fun Addicts 6:00-7:00pm	Level 1-2 Water Aerobics 6:00-7:00pm	Open 6:00-7:00pm	Sunday 1:00-6:00 Open Swim
Open Swim 7:00-8:00pm	Open Swim 7:00-8:00pm	Open Swim 7:00-8:00pm	Open Swim 7:00-8:00pm	Open Swim 7:00-8:00pm	

Signup for swim team and swim lessons!!

# May