



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS CENTER WARM POOL

FEBRUARY 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 8 am Family Swim 1-3 , Lap Swim 4-5 Water Walking 6-8	6:00 - 8 am Family Swim 1-3 , Lap Swim 4-5 Water Walking 6-8	6:00 - 8:00 am Family Swim 1-3 , Lap Swim 4-5 Water Walking 6-8	6:00 - 8 am Family Swim 1-3 , Lap Swim 4-5 Water Walking 6-8	6:00 - 8:00 am Family Swim 1-3 , Lap Swim 4-5 Water Walking 6-8	Closed	closed
8:00- 9:00 am Water Aerobics w/ Ann 5-8 Family Swim 1-3, Lap Swim 4	8:00- 9:00 am Water Aerobics w/ Peggy (5-8) Swim Lessons (1-3), Lap Swim (4)	8:00- 9:00 am Water Aerobics w/ Olin 5-8 Family Swim 1-), Lap Swim 4	8:00- 9:00 am Water Aerobics w/ Ann 5-8 Family Swim 1-3, Lap Swim 4	8:00- 9:00 am Water Aerobics w/ Lisa 5-8 Family Swim 1-3, Lap Swim 4	8:00 am - 6:00 pm Family Swim (1-3) , Lap Swim (4-5); Water Walking (6-8)	
9:30 - 11:15 am Family Swim 1-3 Lap Swim 4-5 Water Walking 6-8	9:30 - 10:30 Family Swim 1-3 Lap Swim 4-5 Water Aerobics 6-8	9:30 - 11:15 am Family Swim 1-3 Lap Swim 4-5 Water Walking 6-8	9:30 - 11:15 am Family Swim 1-3 Lap Swim 4-5 Water Walking 6-8	9:30 - 11:15 am Family Swim 1-3 Lap Swim 4-5 Water Aerobics 6-8		
	10:30-11:15 Family Swim 1-3 Lap Swim 4-5 Water Walking 6-8		10:30-11:15 Family Swim 1-3 Lap Swim 4-5 Water Walking 6-8			
11:15 am- 12:15 pm Water Aerobics w/ Tammy 5-8 Family Swim 1-3, Lap Swim 4-5	11:15 am- 12:00 pm Family Swim 1-3, Lap Swim 4-5, Arthritis Aerobics w/ Janet 6-8	11:15 am-12:15 pm Water Aerobics w/ Tammy 5-8 Family Swim 1-3, Lap Swim 4-5	11:15 am- 12:00 pm Family Swim 1-3, Lap Swim 4-5, Arthritis Aerobics w/ Janet 6-8	11:15 am-12:15 pm Water Aerobics w/ Tammy 5-8 Family Swim 1-3, Lap Swim 4-5		
12:15-1:00 pm Family Swim 1-3, Lap Swim 4-5 Water Walking 6-8	12:00-1:00 pm Family Swim 1-3, Lap Swim 4-5 Water Walking 6-8	12:15-1:00 pm Family Swim 1-3, Lap Swim 4-5 Water Walking 6-8	12:00-1:00 pm Family Swim 1-3, Lap Swim 4-5 Water Walking 6-8	12:15-1:00 pm Family Swim 1-3, Lap Swim 4-5 Water Walking 6-8		
1:00-3:30 pm Closed	1:00-3:30 pm Closed	1:00-3:30 pm Closed	1:00-3:30 pm Closed	1:00-3:30 pm Closed		
3:30-4:30 pm Family Swim 1-3, Lap Swim 4-5 Water Walking 6-8	3:30-4:30 pm Family Swim 1-3, Lap Swim 4-5 Water Walking 6-8	3:30-4:30 pm Family Swim 1-3, Lap Swim 4-5 Water Walking 6-8	3:30-4:30 pm Family Swim 1-3, Lap Swim 4-5 Water Walking 6-8	3:30-4:30 pm Family Swim 1-3, Lap Swim 4-5 Water Walking 6-8		
4:30-5:30 pm Water Aerobics w/Ruth 5-8 Swim Lessons 1-3, Lap Swim 4	4:30-5:30 pm Open Swim 1-2 , Lap Swim 3-5 Water Aerobics w/ Jan 6-8	4:30-5:30 pm Water Aerobics w/Ruth 5-8 Swim Lessons 1-3, Lap Swim 4	4:30-5:30 pm Open Swim 1-2 , Lap Swim 3-5 Water Aerobics w/ Bethany 6-8	4:30-5:30 pm Family Swim 1-3, Lap Swim 5, Water Aerobics w/ Bethany 6-8		
6:00-7:00 pm Water Aerobics w/ Jan 5-8 Swim Lessons 1-3, Lap Swim 4	530-8:45 pm Family Swim 1-3, Lap Swim 4-5, Family Swim 6-8	6:00-7:00 pm Water Aerobics w/ Jan 5-8 Swim Lessons 1-3, Lap Swim 4	530-8:45 pm Family Swim 1-3, Lap Swim 4-5, Family Swim 6-8	530-7:00 pm Family Swim 1-3, Lap Swim 4-5 Water Walking 6-8		
7:00-8:45 pm Family Swim 1-3, Lap Swim 4-5 Water Walking 6-8		7:00-8:45 pm Family Swim 1-3, Lap Swim 4-5 Water Walking 6-8		7:00-8:45 pm Kayaking 1-3, Lap Swim 4-5 Open Swim 6-8		

UPPER PALMETTO YMCA – Rock Hill Aquatics Center YMCA

www.UPYMCA.org



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AQUATICS CENTER COLD POOL

FEBRUARY 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 – 7:00 am Masters 1-3, Lap Swim 4-10	6:00 – 7:00 am Masters 1-5, Tri 6 Lap Swim 7-10	6:00 – 7:00 am Masters 1-3, Lap Swim 4-10	6:00 – 7:00 am Masters 1-5, Tri 6 Lap Swim 7-10	6:00 – 7:00 am Masters 1-3, Lap Swim 4-10	Closed	closed
7:00 am – 9:30 am Swim team 1-5 Lap Swim 6-10	7:00 am – 9:30 am Swim team 1-5 Lap Swim 6-10	7:00 am – 9:30 am Swim team 1-5 Lap Swim 6-10	7:00 am – 9:30 am Swim team 1-5 Lap Swim 6-10	7:00 am – 9:30 am Swim team 1-5 Lap Swim 6-10	8:00 am 10:00 am Rays 1-4, Masters 5-8, Lap swim 9-10	
9:30-1:00 Lap Swim 1-10	9:30-1:00 Lap Swim 1-10	9:30-1:00 Lap Swim 1-10	9:30-1:00 Lap Swim 1-10	9:30-1:00 Lap Swim 1-10	10:00 am -11:00 am Lap swim all Lanes	
1:00 pm – 3:30 pm Closed	1:00 pm – 3:30 pm Closed	1:00 pm – 3:30 pm Closed	1:00 pm – 3:30 pm Closed	1:00 pm – 3:30 pm Closed	11:00 am - 1:00 pm Lap swim All Lanes	
3:30 pm - 4:30 pm Lap swim 1-10	3:30 pm - 4:30 pm Lap swim 1-10	3:30 pm - 4:30 pm Lap swim 1-10	3:30 pm - 4:30 pm Lap swim 1-10	3:30 pm - 4:30 pm Lap swim 1-10	1:00 pm - 6:00 pm Lap Swim All lanes	
4:15-7:30 WCCS 1-4, RAYS 5-10	4:15-7:30 WCCS 1-4, RAYS 5-10	4:15-7:30 WCCS 1-4, RAYS 5-10	44:15-7:30 WCCS 1-4, RAYS 5-10	4:15-7:30 WCCS 1-4, RAYS 5-10		
7:30-8:45 RAYS 1-6, lap swim 7-10	7:30-8:45 RAYS 1-4, Tri 101 5-8 Lap Swim 9-10	7:30-8:45 RAYS 1-6, lap swim 7-10	7:30-8:45 RAYS 1-4, Tri 101 5-8 Lap Swim 9-10	7:30-8:45 RAYS 1-4, lap swim 5-10		

RHAC does not guarantee anyone their own lane. If you wish to swim laps, you might have to share a lane with other members.
RHAC reserves the right to change the schedule to accommodate new programming, pool parties or any other event.