



ROCK HILL AQUATICS CENTER POOL SCHEDULES

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WARM-POOL (8 LANE POOL) DECEMBER 2018: CHECK LIST OF CLOSURES ON EVENT DOCUMENT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 – 8:00 am Family Swim 1-2, Lap Swim 3-5 Water Walking 6-8	5:30 – 8:00 am Family Swim 1-2, Lap Swim 3-5 Water Walking 6-8	5:30 – 8:00 am Family Swim 1-2, Lap Swim 3-5 Water Walking 6-8	5:30 – 8:00 am Family Swim 1-2, Lap Swim 3-5 Water Walking 6-8	5:30 – 8:00 am Family Swim 1-2, Lap Swim 3-5 Water Walking 6-8	8:00 am – 10:00 am Family Swim 1-2, Lap Swim 3-5 Water Walking 6-8	Closed
8:00 – 9:00 am Family Swim 1-2, Lap Swim 3-4 Class: Water Aerobics w/ Ann 5-8	8:00 – 9:00 am Family Swim 1-2, Lap swim 3-4 Class: Water Aerobics w/Leslie 5-8	8:00 – 9:00 am Family Swim 1-2, Lap Swim 3-4 Class: Water Aerobics w/ Ann 5-8	8:00 – 9:00 am Family Swim 1-2, Lap Swim 3-4 Class: Water Aerobics w/ Leslie 5-8	8:00 – 9:00 am Family Swim 1-2, Lap Swim 3-4 Class: Aerobics w Water / Lisa 5-8	10:00 am – 11:00 am Family Swim 1-2, Lap Swim 3-5	
9:00 – 11:15 am Rock Hill School Swim Lessons 1-8	9:00 – 11:15 am Rock Hill School Swim Lessons 1-8	9:00 – 11:15 am Rock Hill School Swim Lessons 1-8	9:00 – 11:15 am Rock Hill School Swim Lessons 1-8	9:00 – 11:15 am Rock Hill School Swim Lessons 1-8	11:00am - 5:45 pm Family Swim1-2, Lap Swim 3-5, Water Walking 6-8	
11:00 am – 12:15 pm Family Swim 1-2, Lap Swim 3-4, 11:15 Class: Water Aerobics w/ Tammy 5-8	11:00 am – 12:15 pm Family Swim 1-2, Lap Swim 3-5, 11:15 Class: Low Impact Aerobics w/ Deb 6-8	11:00 am – 12:15 pm Family Swim 1-2, Lap Swim 3-4, 11:15 Class: Water Aerobics w/ Tammy 5-8	11:00 am – 12:15 pm Family Swim 1-2, Lap Swim 3-5, 11:15 Class: Low Impact Aerobics w/ Deb 6-8	11:00 am – 12:15 pm Family Swim 1-2, Lap Swim 3-4, 11:15 Class: Water Aerobics w/ Tammy 5-8		
12:15 – 12:45pm Family Swim 1-2, Lap Swim 3-5, Water Walking 6-8	12:15 – 12:45pm Family Swim 1-2, Lap Swim 3-5, Water Walking 6-8	12:15 – 12:45pm Family Swim 1-2, Lap Swim 3-5, Water Walking 6-8	12:15 – 12:45pm Family Swim 1-2, Lap Swim 3-5, Water Walking 6-8	12:15 – 12:45pm Family Swim 1-2, Lap Swim 3-5, Water Walking 6-8		
FACILITY CLOSED 1-3pm MONDAY THROUGH FRIDAY. The Rock Hill Aquatics Center is host to various events and competitions throughout the year, please look at the facility closure sheet for these dates and times of closures.						
3:00 – 4:15 pm Family Swim 1-2, Lap Swim 3-5 Water Walking 6-8	3:00 – 4:30 pm Family Swim 1-2, Lap Swim 3-5 Water Walking 6-8	3:00 – 4:15 pm Family Swim 1-2, Lap Swim 3-5 Water Walking 6-8 3:30 – 4:45 St. Anne's Swim Team	3:00 – 4:30 pm Family Swim 1-2, Lap Swim 3-5 Water Walking 6-8	3:00 – 4:30 pm Family Swim 1-2, Lap Swim 3-5 Water Walking 6-8		
4:30 – 5:30 pm Swim Lessons 1-3, Lap Swim 4-5 Water Walking Lane 6-8 (Locker room Side) Family Swim Lanes 6-8 (parking Lot Side)	4:30 – 5:30 pm Swim Team 1-4, Lap Swim 4-5 Class: Aqua Aerobics w/Kanika Lane 6-8 (Locker room Side) Family Swim Lanes 6-8 (parking Lot Side)	4:30 – 5:30 pm Swim Lessons 1-3, Lap Swim 4-5 Water Walking Lane 6-8 (Locker room Side) Family Swim Lanes 6-8 (parking Lot Side)	4:30 – 5:30 pm Swim Team 1-4, Lap Swim 4-5 Class: Aqua Aerobics w/Kanika Lane 6-8 (Locker room Side) Family Swim Lanes 6-8 (parking Lot Side)	4:30 – 5:30 pm Swim Team 1-3, Lap Swim 4-5 Water Walking Lane 6-8 (Locker room Side) Family Swim Lanes 6-8 (parking Lot Side)		
5:30 – 7:00 pm Swim Lesson 1-3, Lap Swim 4-5 Lane 6-8 (Locker room Side) Family Swim Lanes 6-8 (rampt Side)	5:30 – 7:50 pm Swim Team 1-3, Lap Swim 4-5 Water Walking 6:15-7:15pm Class: Aqua Aerobics w/Kanika Lane 6-8 (Locker room Side) Family Swim Lanes 6-8 (parking Lot Side)	5:30 – 7:00 pm Swim Lesson 1-3, Lap Swim 4-5 4:00 – 5:00pm Class: Aqua Aerobics w/Kanika Lane 6-8 (Locker room Side)	5:30 – 7:50 pm Swim Team 1-3, Lap Swim 4-5 Water Walking (parking lot side) 6:15-7:15pm Class: Aqua Aerobics w/Kanika Lane 6-8 (Locker room Side)	5:30 – 7:50 pm Swim Team 1-3, Lap Swim 4-5 Water Walking Lane 6-8 (Locker room Side) Family Swim Lanes 6-8 (parking Lot Side)		
7:00 – 8:45 pm Family Swim 1-2, Lap Swim 3-5, Water Walking 6-8	7:50 – 8:45 pm Family Swim 1-2, Lap Swim 3-5 Water Walking 6-8	7:00 – 8:45 pm Family Swim 1-2, Lap Swim 3-5, Water Walking 6-8	7:50 – 8:45 pm Family Swim 1-2, Lap Swim 3-5 Water Walking 6-8	7:50 – 8:45 pm Family Swim 1-2, Lap Swim 3-5 Water Walking 6-8		

The YMCA will be closed December 8th, 9th, 24th, 25th & January 1st. We will also close at 1PM on Friday, December 7th.

RHAC does not guarantee anyone their own lane for lap swim. If you wish to swim laps, you must utilize circle lap swimming so lanes can be shared

RHAC reserves the right to change the schedule to accommodate new programming, pool parties or any other event.

UPPER PALMETTO YMCA – Rock Hill Aquatics Center YMCA

www.UPYMCA.org



ROCK HILL AQUATICS CENTER POOL SCHEDULES

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COLD POOL (10 LANE POOL) DECEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am – 12:45 pm Lap Swim 1-10	5:30am – 12:45 pm Lap Swim 1-10	5:30am – 12:45 pm Lap Swim 1-10	5:30am – 12:45 pm Lap Swim 1-10	5:30am – 12:45 pm Lap Swim 1-10	8:00 – 11:00 am Swim Team Lanes 1-10	Closed
					11:00am – 12:45pm Rays Swim Team 1-7 St. Anne's Swim Team 8-9 Lap Swim Lane 10	
FACILITY CLOSED 1-3pm MONDAY THROUGH FRIDAY. The Rock Hill Aquatics Center is host to various events and competitions throughout the year, please look at the facility closure sheet for these dates and times of closures.					12:45pm – 5:45pm Lap Swim 1-10	
3:00 – 4:15pm Lap Swim 7-10	3:00 – 4:15pm Lap Swim 7-10	3:00 – 4:15pm Lap Swim 7-10	3:00 – 4:15pm Lap Swim 7-10	3:00 – 4:15pm Lap Swim 7-10		
4:30– 7:45pm Rays Swim Team 1-10	4:30– 7:45pm Rays Swim Team 1-10	4:30– 7:30pm Rays Swim Team 1-10	4:30– 7:45pm Rays Swim Team 1-10	4:30– 7:00pm Rays Swim Team 1-10		
7:45 – 8:15 pm Rays Swim Team 1-9 Lap Swim 10	7:45 – 8:15 pm Rays Swim Team 1-9 Lap Swim 10	7:30 – 8:45 pm Ray Swim Team 1-9 Lap Swim 10	7:45 – 8:15 pm Rays Swim Team 1-9 Lap Swim 10	7:00 – 8:15 pm Rays Swim Team 1-9 Lap Swim 10		
8:15 – 8:45 pm Lap Swim 1-10	8:15 – 8:45 pm Lap Swim 1-10		8:15 – 8:45 pm Lap Swim 1-10	8:15 – 8:45 pm Lap Swim 1-10		

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With school being out for Christmas Break Dec. 24- Jan 4th – the Rays swim team may use the cold pool in the morning / early afternoon hours for practice time. Their schedule is on the website swimrays.com under the 'Calendars' tab if you'd like a more detailed schedule. This applies to the dates 12/27, 12/28, 1/2, 1/3, 1/4.

NO LAP SWIM IN THE COLD POOL DECEMBER 31ST 6-10AM

RHAC does not guarantee anyone their own lane for lap swim. If you wish to swim laps, you must utilize circle lap swimming so lanes can be shared

RHAC reserves the right to change the schedule to accommodate new programming, pool parties or any other event.

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