



# ROCK HILL AQUATICS CENTER POOL SCHEDULES

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WARM-POOL (8 LANE POOL) SEPTEMBER 2019: 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	
11:15 am - 12:15 pm Family Swim 1-2, Lap Swim 3-4, 11:15 Class: Water Aerobics w/ Tammy 5-8	11:15 am - 12:15 pm Family Swim 1-2, Lap Swim 3-5, 11:15 Class: Low Impact Aerobics w/ Deb 6-8	11:15 am - 12:15 pm Family Swim 1-2, Lap Swim 3-4, 11:15 Class: Water Aerobics w/ Tammy 5-8	11:15 am - 12:15 pm Family Swim 1-2, Lap Swim 3-5, 11:15 Class: Low Impact Aerobics w/ Deb 6-8	11:15 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		
<b>FACILITY CLOSED 1-3 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.</b>						
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	3:00 – 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 1-3, 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 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 1-3, 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 1-3, 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 1-3, 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 (parking Lot Side)	5:30 – 7:50 pm Swim Team 1-3, Lap Swim 4-5 Class 5:30-6:30: Aqua Aerobics w/ Kanika Lane 6-8	5:30 – 7:00 pm Swim Lesson 1-3, Lap Swim 4-5 Class 5:30-6:30: Aqua Aerobics w/ Kanika Lane 6-8	5:30 – 7:50 pm Swim Team 1-3, Lap Swim 4-5 Class 5:30-6:30: Aqua Aerobics w/ Kanika Lane 6-8	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		

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



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**\*THE RHSD MAY USE THIS TIME PERIOD FOR SCHOOL SWIM LESSONS AS SIZE DETERMINES**  
Entire building will be closed on Monday, September 2<sup>nd</sup> for Labor Day

## COLD POOL (10 LANE POOL) SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:30 – 7:00 am</b> Lap Swim 7-10	<b>5:30 – 7:00 am</b> Rays Swim Team 1-6 Lap Swim 7-10	<b>5:30 – 7:00 am</b> RHSD#3 Swim Team 1-5 Lap Swim 6-10	<b>5:30 – 7:00 am</b> Rays Swim Team 1-3 RHSD #3 Swim Team 4-7 Lap Swim 8-10	<b>5:30 – 7:00 am</b> RHSD#3 Swim Team 1-5 Lap Swim 6-10	<b>8:00 – 11:30 am</b> Rays Swim Team 1-10	<b>Closed</b>
<b>7:00 – 12:45pm</b> Lap Swim 7-10	<b>7:00 – 12:45pm</b> Lap Swim 7-10 <b>9:30-10:30</b> Deep Water Aerobics w/ Deb	<b>7:00 – 12:45pm</b> Lap Swim 7-10	<b>7:00 – 12:45pm</b> Lap Swim 7-10 <b>9:30-10:30</b> Deep Water Aerobics w/ Deb	<b>7:00 – 12:45pm</b> Lap Swim 7-10	<b>11:30am – 5:45pm</b> Lap Swim 1-10	
<b>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.</b>						
<b>3:00 - 4:15pm</b> Lap Swim 7-10	<b>3:00 - 4:15pm</b> Lap Swim 7-10	<b>3:00 - 4:15pm</b> Lap Swim 7-10	<b>3:00 - 4:15pm</b> Lap Swim 7-10	<b>3:00 - 4:15pm</b> Lap Swim 7-10		
<b>4:15– 5:45pm</b> NHS Swim Team 1-5 Rays Swim Team 6-10	<b>4:15– 5:45pm</b> NHS Swim Team 1-5 Rays Swim Team 6-10	<b>4:15– 5:45pm</b> NHS Swim Team 1-5 Rays Swim Team 6-10	<b>4:15– 5:45pm</b> NHS Swim Team 1-5 Rays Swim Team 6-10	<b>4:15– 5:45pm</b> NHS Swim Team 1-5 Rays Swim Team 6-10		
<b>5:45 – 7:15 pm</b> RHHS Swim Team 1-5 Rays Swim Team 6-10	<b>5:45 – 7:15 pm</b> RHHS Swim Team 1-5 Rays Swim Team 6-10	<b>5:45 – 7:15 pm</b> RHHS Swim Team 1-5 Rays Swim Team 6-10	<b>5:45 – 7:15 pm</b> RHHS Swim Team 1-5 Rays Swim Team 6-10	<b>5:45 – 7:15 pm</b> RHHS Swim Team 1-5 Rays Swim Team 6-10		
<b>7:15 – 8:45 pm</b> SPHS Swim Team 1-5 Rays Swim Team 6-10	<b>7:15 – 8:45 pm</b> SPHS Swim Team 1-5 Rays Swim Team 6-10	<b>7:15 – 8:45 pm</b> SPHS Swim Team 1-5 Rays Swim Team 6-10	<b>7:15 – 8:45 pm</b> SPHS Swim Team 1-5 Rays Swim Team 6-10	<b>7:15 – 8:45 pm</b> SPHS Swim Team 1-5 Rays Swim Team 6-10		

**LAP POOL WILL BE CLOSED TO ALL LAP SWIM ON THE FOLLOWING ROCK HILL SCHOOL DISTRICT #3 SWIM MEETS:**  
**September 5<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 26<sup>th</sup>: Lap Pool Closed 4:15pm to close**  
**September 2<sup>nd</sup>, 7<sup>th</sup>, October 5<sup>th</sup>**

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**Due to the Rock Hill School District #3 High School Swim Team Practices Lap Swim hours for YMCA Members in the Month of September through Early October are restricted to the hours of 5:30am to 12:45pm and 3:00pm to 4:15pm in the 10Lane Cold Pool on Monday through Friday. There are 2 lanes available in the 8 Lane Warm pool during this time.**

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