

Rock Hill Aquatics Center Fall Schedule

WARM POOL

| ACTIVITY | DAY | TIME | START DATE | AGES | COST |
|---|--|--|------------|--|----------------|
| WATER AEROBICS | MON-FRI | 8-9 AM 4:30-5:30 PM | ONGOING | 15 and older | Y members free |
| | MON-THURS | 6-7 PM | | | |
| | MON/WED/FRI | 11:00AM-12:00PM | | | |
| ARTHRITIS AQUATICS | TUE/THURS | 11:00-11:45 AM | ONGOING | 21 and older | Y members free |
| PRE/POST NATAL AQUA AEROBICS | TUES/THURS | 11:00-11:45 AM | ONGOING | 15 and older | Y members free |
| SELF MOTIVATED EXERCISE (WATER WALKING) | MON-FRI (3 LANES) | 6-8 AM 11 AM-12:30 PM | ONGOING | 18 and older | Y members free |
| ADULT AND YOUTH LAP SWIM | MON-FRI SAT SUN | 6-8 AM (2 LANES) 8 AM-6 PM (2 LANES) 1-6 PM (2 LANES) | ONGOING | MUST BE ABLE TO SWIM LENGTH OF POOL WITHOUT FLOTATION DEVICE | Y members free |
| FAMILY SWIM (OPEN SWIM) | MON-FRI MON-THURS MON-THURS FRI SAT SUN | 6-8 AM (3 LANES) 2-4:30 PM 7-8 PM 2-8 PM 8 AM-6 PM (3 LANES) 1-6 PM (3 LANES) | ONGOING | All ages welcome. CHILDREN UNDER 12 YRS. MUST BE ACCOMPANIED BY AND ADULT. | Y members free |

NO LAP/OPEN SWIM MON-THURS 4:30-7 PM WARM POOL

COOL POOL

| ACTIVITY | DAY | TIME | START DATE | AGES | COST |
|--------------------------|----------------------------------|--|------------|--|----------------|
| ADULT AND YOUTH LAP SWIM | MON-FRI SAT SAT SUN | 6 AM-4:30 PM 7-8 PM 8 AM-11AM (3 LANES) 11 AM- 6 PM (ALL LANES) 1 PM- 6 PM (ALL LANES) | ONGOING | MUST BE ABLE TO SWIM LENGTH OF POOL WITHOUT FLOTATION DEVICE | Y members free |

FOR YOUR SAFETY, THE POOLS CLOSE DURING THUNDERSTORMS