



ROCK HILL AQUATICS CENTER POOL SCHEDULES

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WARM-POOL (8 LANE POOL) APRIL 2021: 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 – 11:45 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/ Leslie 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/ Leslie 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/ Lisa 5-8		
9:00-10:00 Family Swim 1-2, Lap Swim 3-5, 9:00 Class: Low Impact Aerobics w/ Leslie 6-8	9:00-10:00 Family Swim 1-2, Lap Swim 3-5, 9:00 Class: Low Impact Aerobics w/ Deb 6-8	9:00-10:00 Family Swim 1-2, Lap Swim 3-5, 9:00 Class: Low Impact Aerobics w/ Leslie 6-8	9:00-10:00 Family Swim 1-2, Lap Swim 3-5, 9:00 Class: Low Impact Aerobics w/ Deb 6-8	9:00 – 10:30 Family Swim 1-2 , Lap Swim 3-5 Water Walking 6-8		
10:30 am – 11:45 am Family Swim 1-2, Lap Swim 3-4, 10:30 Class: Water Aerobics w/ Tammy 5-8	11:00 am – 11:45 pm Family Swim 1-2, Lap Swim 3-5, 11:15 Class: Low Impact Aerobics w/ Deb 6-8	10:30 am – 11:45 am Family Swim 1-2, Lap Swim 3-4, 10:30 Class: Water Aerobics w/ Tammy 5-8	11:00 am – 11:45 pm Family Swim 1-2, Lap Swim 3-5, 11:15 Class: Low Impact Aerobics w/ Deb 6-8	10:30 am – 11:45 am Family Swim 1-2, Lap Swim 3-4, 10:30 Class: Water Aerobics w/ Tammy 5-8		
FACILITY CLOSED 12-4pm 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.						
4:00-4:30 pm Family Swim 1-2, Lap Swim 3-5 Water Walking 6-8	4:00-4:30 pm Family Swim 1-2, Lap Swim 3-5 Water Walking 6-8	4:00-4:30 pm Family Swim 1-2, Lap Swim 3-5 Water Walking 6-8	4:00-4:30 pm Family Swim 1-2, Lap Swim 3-5 Water Walking 6-8	4:00-4:30 pm Family Swim 1-2, Lap Swim 3-5 Water Walking 6-8		
4:30 – 6:30 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 – 7:00pm Rays Swim Team Lanes 1-5 Lap Swim Lane 6 Water Walking Lane 6-8 (Locker room Side) Family Swim Lanes 6-8 (parking Lot Side)	4:30 – 6:30 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 – 7:00pm Rays Swim Team Lanes 1-5 Lap Swim Lane 6 Water Walking Lane 6-8 (Locker room Side) Family Swim Lanes 6-8 (parking Lot Side)	4:30 – 7:00pm Rays Swim Team Lanes 1-5 Lap Swim Lane 6 Water Walking Lane 6-8 (Locker room Side) Family Swim Lanes 6-8 (parking Lot Side)		
6:30 – 7:45 pm Family Swim 1-2, Lap Swim 3-5 Water Walking 6-8	7:00-7:45 pm Family Swim 1-2, Lap Swim 3-5 Water Walking 6-8	6:30 – 7:45 pm Family Swim 1-2, Lap Swim 3-5 Water Walking 6-8	7:00-7:45 pm Family Swim 1-2, Lap Swim 3-5 Water Walking 6-8	7:00-7:45 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



ROCK HILL AQUATICS CENTER POOL SCHEDULES

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COLD POOL (10 LANE POOL) APRIL 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am – 9:00 am Lap Swim 1-10	5:45am – 8:30 am Lap Swim 1-10	5:45am – 11:45 am Lap Swim 1-10	5:45am – 8:30 am Lap Swim 1-10	5:45am – 11:45 am Lap Swim 1-10	8:00 am – 10:00 am Lap Swim 1-10	Closed
9:00-10:00 am Deep Water Aqua Aerobics 1-4 Lap Swim 6-10	8:30am-10:00 am Deep Water Aqua Aerobics 1-4 Lap Swim 6-10	5:45am – 9:00 am Lap Swim 1-10	8:30am-10:00 am Deep Water Aqua Aerobics 1-4 Lap Swim 6-10		10:00-11:45 UPYMCA Rays Lane 1-8 Lap Swim lane 9-10	
10:00-11:45 pm Lap Swim 1-10	10:00-11:45 pm Lap Swim 1-10	9:00-10:00 am Deep Water Aqua Aerobics 1-4 Lap Swim 6-10	10:00-11:45 pm Lap Swim 1-10			
FACILITY CLOSED 12:00-4pm 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.						
4:00-6:45 UPYMCA Rays Lane 1-9 Lap Swim lane 10	4:00-6:45 UPYMCA Rays Lane 1-9 Lap Swim lane 10	4:00-6:45 UPYMCA Rays Lane 1-9 Lap Swim lane 10	4:00-6:45 UPYMCA Rays Lane 1-9 Lap Swim lane 10	4:00-6:45 UPYMCA Rays Lane 1-9 Lap Swim lane 10		
6:45-7:45 Lap Swim Lanes 1-10)	6:45-7:45 Lap Swim Lanes 1-10)	6:45-7:45 Lap Swim Lanes 1-10)	6:45-7:45 Lap Swim Lanes 1-10)	6:45-7:45 Lap Swim Lanes 1-10)		

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