



Link Aquatic

the

Center April

# 2018 Schedule

Aquatic Center hours differ from Y building hours

## Water Exercise Classes

### Lap Pool

Wet and Wild: Monday and Wednesday  
9AM – 9:50AM

Fluid Fusion: Tuesday and Thursday  
8:30AM – 9:30AM

Silver Splash: Tuesday and Thursday  
9:30AM – 10:30AM

Water in Motion: Friday 9AM – 9:50AM

### Water Park

Morning Water Walking:

Monday – Friday 9:30AM – 11AM

Evening Water Walking:

Tuesday and Thursday 5:30PM – 7PM

### Therapy Pool

Warm Water Workout:

Monday and Wednesday 5 – 5:50PM

	<u>Therapy Pool</u> Must be 18 years old or older	<u>Lap Pool</u> Must be 18 to lap swim and lap lanes must be shared	<u>Family Fun Water Park</u>
<b>Monday</b>	7AM – 9AM 11:05AM – 1PM 4:05 – 8PM	6AM – 1PM 5 Lanes Open 3:30PM – 4:30PM 5 Lanes Open 4:30 – 8:00PM 2 Lanes Open	Closed
<b>Tuesday</b>	7AM – 9AM 11:05AM – 1PM 4:05 – 8PM	6AM – 1PM 5 Lanes Open 3:30PM – 4:30PM 5 Lanes Open 4:30 – 8:00PM 2 Lanes Open	Closed
<b>Wednesday</b>	7AM – 9AM 11:05AM – 1PM 4:05 – 8PM	6AM – 1PM 5 Lanes Open 3:30PM – 5PM 5 Lanes Open 5 – 8:00PM 2 Lanes Open	Closed
<b>Thursday</b>	7AM – 9AM 11:05AM – 1PM 4:05 – 8PM	6AM – 1PM 5 Lanes Open 3:30PM – 4:30PM 5 Lanes Open 4:30 – 8:00PM 2 Lanes Open	Closed
<b>Friday</b>	7AM – 9AM 11:05AM – 1PM 4:05 – 8PM	6AM – 1PM 5 Lanes Open 3:30PM – 5PM 5 Lanes Open 5 – 8:00 PM 2 Lanes Open	6 – 8PM
<b>Saturday</b>	9:30AM – 4PM	9:30AM – 4PM Open Swim 5 Lanes Open	Family Swim 12PM – 3:45PM
<b>Sunday</b>	12PM – 4PM	12PM – 4PM Open Swim 5 Lanes Open	Family Swim 12PM – 3:45PM

Open swim lane availability may vary due to YMCA programs.

Fun Swim 1-3:00pm April 2nd-6th *1/2 off concessions - Wednesday + Friday*

Friday April 20th 6-8pm: Come enjoy the new basketball hoop and the first ever duck races!

Food and drinks will be provided! *Y Members Only*

Swim Lessons: Last session begins April 9th. Sign up at the front desk TODAY!!!