



Link Aquatic Center May

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 4:45 – 5:35PM

	<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>
Monday	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
Tuesday	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
Wednesday	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
Thursday	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
Friday	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
Saturday	9:30AM – 4PM	9:30AM – 4PM Open Swim 5 Lanes Open	Family Swim 12PM – 3:45PM
Sunday	12PM – 4PM	12PM – 4PM Open Swim 5 Lanes Open	Family Swim 12PM – 3:45PM

Open swim lane availability may very due to YMCA programs.

** Summer Hours Begin June 1st**

Swim Team will move to mornings starting June 4th. 8am-10:30am

Swim Lessons- Evening sessions start June 4th. Morning sessions start June 5th.

Fun Swim 1-3:00pm May 29th & 31st.