



Link Aquatic the Center August

2018 Schedule

Aquatic Center hours differ from Y building hours

	<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 – 7PM	6-8AM 5 Lanes Open 8-9AM 1 Lane Open 9-10AM No lanes Open 10-11AM 2 Lanes Open 11AM-7PM 5 Lanes open	1-3PM
Tuesday	7AM – 9AM 11:05AM – 1PM 4:05 – 7PM	6-8AM 5 Lanes Open 8-9AM 1 Lane Open 9-10AM No lanes Open 10-11AM 2 Lanes Open 11AM-7PM 5 Lanes open	1-3PM
Wednesday	7AM – 9AM 11:05AM – 1PM 4:05 – 7PM	6-8AM 5 Lanes Open 8-9AM 1 Lane Open 9-10AM No lanes Open 10-11AM 2 Lanes Open 11AM-7PM 5 Lanes open	Closed
Thursday	7AM – 9AM 11:05AM – 1PM 4:05 – 7PM	6-8AM 5 Lanes Open 8-9AM 1 Lane Open 9-10AM No lanes Open 10-11AM 2 Lanes Open 11AM-7PM 5 Lanes open	1-3PM
Friday	7AM – 9AM 11:05AM – 1PM 4:05 – 8PM	6-8AM 5 Lanes Open 8-9AM 1 Lane Open 9-10AM No lanes Open 10-11AM 2 Lanes Open 11AM-8PM 5 Lanes open	1-3PM 6 – 8PM
Saturday	9:30AM – 3PM	9:30AM – 3PM Open Swim 5 Lanes Open	Family Swim 12PM – 3PM
Sunday	11AM – 1PM	11AM – 1PM Open Swim 5 Lanes Open	Closed

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

Warm Water Exercise: Monday and Wednesday 4:45-5:35PM

Water Park

Morning Water Walking:

Monday – Friday 9:30AM – 11AM

Evening Water Walking:

Tuesday and Thursday 5:30PM – 7PM

Open swim lane availability may vary due to YMCA programs. (NO LANES AVAILABLE 9-10AM)

Fun swims every Mon, Tues, Thurs, Fri from 1-3pm **ENDS AUGUST 17th **

Kayak and Paddle Board Wednesdays! From 1-2pm **ENDS AUGUST 15th **