



Link Aquatic Center September 2018 Schedule



	<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	7 AM – 9 AM 11:05 AM – 1 PM 4:05 – 7 PM	6 AM – 1 PM 5 Lanes Open 3:30 PM – 4:30 PM 5 Lanes Open 4:30 – 7:00 PM 2 Lanes Open	CLOSED
Tuesday	7 AM – 9 AM 11:05 AM – 1 PM 4:05 – 7 PM	6 AM – 1 PM 5 Lanes Open 3:30 PM – 4:30 PM 5 Lanes Open 4:30 – 7:00 PM 2 Lanes Open	CLOSED
Wednesday	7 AM – 9 AM 11:05 AM – 1 PM 4:05 – 7 PM	6 AM – 1 PM 5 Lanes Open 3:30 PM – 5 PM 5 Lanes Open 5 – 7:00 PM 2 Lanes Open	CLOSED
Thursday	7 AM – 9 AM 11:05 AM – 1 PM 4:05 – 7 PM	6 AM – 1 PM 5 Lanes Open 3:30 PM – 4:30 PM 5 Lanes Open 4:30 – 7:00 PM 2 Lanes Open	CLOSED
Friday	7 AM – 9 AM 11:05 AM – 1 PM 4:05 – 8 PM	6 AM – 1 PM 5 Lanes Open 3:30 PM – 5 PM 5 Lanes Open 5 – 8:00 PM 2 Lanes Open	6 – 8 PM
Saturday	9:30 AM – 3 PM	9:30 AM – 3 PM Open Swim 5 Lanes Open	Family Swim 12 PM – 3:00 PM
Sunday	11 PM – 1 PM	11 PM – 1 PM Open Swim 5 Lanes Open	CLOSED

Water Exercise Classes

Lap Pool

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

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

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

Water in Motion: Friday 9 AM – 9:50 AM

Water Park

Morning Water Walking:
Monday – Friday 9:30 AM – 11 AM

Evening Water Walking:
Tuesday and Thursday 5:30 PM – 7 PM

Therapy Pool

Warm Water Workout:
Monday and Wednesday 5:00 – 5:50 PM

Aquatic Center hours differ from Y building hours
Open swim lane availability may vary due to YMCA programs.
Dine-In Movie Night September 14th 6–9:30pm (Movie–Moana)