



Link Aquatic Center October 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 – 8PM	6AM – 1PM 5 Lanes Open 3:30PM – 4:30PM 5 Lanes Open 4:30 – 8:15PM 1 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 – 8:15PM 2 Lanes Open	Closed
Wednesday	7AM – 9AM 11:05AM – 1PM 4:05 – 8PM	6AM – 1PM 5 Lanes Open 3:30PM – 4:30PM 5 Lanes Open 5 – 8:15PM 1 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 – 8:15PM 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 – 3PM
Sunday	12PM – 4PM	12PM – 4PM Open Swim 5 Lanes Open	Family Swim 12PM – 3PM

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

Open swim lane availability may vary due to YMCA programs.

Pumpkins in the Pool: October 19th

Swim Lessons begin October 15th. Sign up at the front desk TODAY!!!