

Define your fitness...

June 27 - Sept 4, 2016

Open Fitness Swim Schedule

updated 05/21/16

Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
Wellness, Rec Pools 5:30am - 9:00am (no River 5:45-6:45 & 8-9)	Wellness, Rec Pools 5:30am - 9:00am (no River 5:45-6:45)	Wellness, Rec Pools 5:30am - 9:00am (no River 5:45-6:45 & 8-9)	Wellness, Rec Pools 7:00am - 9:00am (no River 7:45-8:45)	Lake 9:30am - 10:30am
Lake 9:00am - 11:30am	Lake 9:00am - 11:30am	Lake 9:00am - 11:30am		Wellness Pool 10:30am - noon
Wellness Pool 8:00pm - 9:30pm	Wellness Pool 8:00pm - 9:30pm		Open Fitness Use the water the way you like: water walking, stretch, water exercises, relaxation. Perfect for adults of all ages and abilities. Spaces may be shared with swim lesson classes. Group water and land classes also available.	
Wellness Pool: 89°, ramp entry, balance bar, underwater bench, 3 - 4.5 feet. Rec Pool: 85° and includes: Lake: underwater bench, 3.5 - 5 feet River: current, 3.5 feet Splash: easy grip wall, 3.5 feet Lap Pool: 83°, 3.5 - 5 feet, drops to 12 feet				

Define your fitness...

June 27 - Sept 4, 2016

Open Fitness Swim Schedule

updated 05/21/16

Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
Wellness, Rec Pools 5:30am - 9:00am (no River 5:45-6:45 & 8-9)	Wellness, Rec Pools 5:30am - 9:00am (no River 5:45-6:45)	Wellness, Rec Pools 5:30am - 9:00am (no River 5:45-6:45 & 8-9)	Wellness, Rec Pools 7:00am - 9:00am (no River 7:45-8:45)	Lake 9:30am - 10:30am
Lake 9:00am - 11:30am	Lake 9:00am - 11:30am	Lake 9:00am - 11:30am <small>cancelled Fri 8/19</small>		Wellness Pool 10:30am - noon
Wellness Pool 8:00pm - 9:30pm	Wellness Pool 8:00pm - 9:30pm		Open Fitness Use the water the way you like: water walking, stretch, water exercises, relaxation. Perfect for adults of all ages and abilities. Spaces may be shared with swim lesson classes. Group water and land classes also available.	
Wellness Pool: 89°, ramp entry, balance bar, underwater bench, 3 - 4.5 feet. Rec Pool: 85° and includes: Lake: underwater bench, 3.5 - 5 feet River: current, 3.5 feet Splash: easy grip wall, 3.5 feet Lap Pool: 83°, 3.5 - 5 feet, drops to 12 feet				

Define your fitness...

June 27 - Sept 4, 2016

Lap Swim Schedule

updated 05/21/16

Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
6 Lap Lanes 5:30am - 7:00am	6 Lap Lanes 5:30am - 7:00am	6 Lap Lanes 5:30am - 7:00am	6 Lap Lanes 7:00am - 7:40am	3 Lap Lanes 9:30am - noon
3 Lap Lanes 9:30am - 11:45am	3 Lap Lanes 9:30am - 11:45am	2 Lap Lanes 9:30am - 10:30am	3 Lap Lanes 7:40am - 11:15am	
6 Lap Lanes 11:45am - 1:00pm	6 Lap Lanes 11:45am - 1:00pm	3 Lap Lanes 10:30am-11:45am		
3 Lap Lanes 3:30pm - 9:30pm (5pm-7pm adults only)	3 Lap Lanes 3:30pm - 8:00pm (5pm-7pm adults only)	3 Lap Lanes 3:30pm - 6:15pm	Adult Hot Tub and Sauna hours: Mon-Thur: 5:30am - 9:30pm Fridays: 5:30am - 8:15pm Saturdays: 7-11:15am & 12:45-2:30pm & 4:00-5:45pm & 7:15-9:30pm Sundays: 9:30am-noon & 1:30-3:15pm & 4:45pm-6:30pm	
For updates, more pool activities and swim lesson information visit www.PlayLynnwood.com or call customer service at 425-670-5732.				
Detailed public swim and fitness class schedules are also available.				

NEW! Adults 18+ only in the lap lanes from 5pm-7pm Mondays, Tuesdays, Wednesdays and Thursdays.

Define your fitness...

June 27 - Sept 4, 2016

Lap Swim Schedule

updated 05/21/16

Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
6 Lap Lanes 5:30am - 7:00am	6 Lap Lanes 5:30am - 7:00am	6 Lap Lanes 5:30am - 7:00am	6 Lap Lanes 7:00am - 7:40am	3 Lap Lanes 9:30am - noon
3 Lap Lanes 9:30am - 11:45am	3 Lap Lanes 9:30am - 11:45am	2 Lap Lanes 9:30am - 10:30am	3 Lap Lanes 7:40am - 11:15am	
6 Lap Lanes 11:45am - 1:00pm	6 Lap Lanes 11:45am - 1:00pm	3 Lap Lanes 10:30am-11:45am		
3 Lap Lanes 3:30pm - 9:30pm (5pm-7pm adults only)	3 Lap Lanes 3:30pm - 8:00pm (5pm-7pm adults only)	3 Lap Lanes 3:30pm - 6:15pm	Adult Hot Tub and Sauna hours: Mon-Thur: 5:30am - 9:30pm Fridays: 5:30am - 8:15pm Saturdays: 7-11:15am & 12:45-2:30pm & 4:00-5:45pm & 7:15-9:30pm Sundays: 9:30am-noon & 1:30-3:15pm & 4:45pm-6:30pm	
For updates, more pool activities and swim lesson information visit www.PlayLynnwood.com or call customer service at 425-670-5732.				
Detailed public swim and fitness class schedules are also available.				

NEW! Adults 18+ only in the lap lanes from 5pm-7pm Mondays, Tuesdays, Wednesdays and Thursdays.