


Define your fitness...

Jan 14 - March 31, 2019

Open Fitness Swim Schedule

updated 01/07/2019

Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
Wellness, River, Lake 5:30am - 9:00am (no River 5:45-6:45 & 8-9)	Wellness, River, Lake 5:30am - 9:00am (no River 5:45-6:45)	Wellness, River, Lake 5:30am - 9:00am (no River 5:45-6:45 & 8-9)	Wellness, River, Lake 7:00am - 9:00am (no River 7:05-8:05)	Lake 9:30am - 10:30am
Wellness, River, Lake 9:00am - 10:30am	Wellness, River, Lake 9:00am - 10:30am	Wellness, River, Lake 9:00am - 10:30am	Open Fitness * Intended for self-directed exercising. water walking, stretch, water exercises, relaxation. Perfect for adults of all ages and abilities. Spaces may be shared with swim lessons. Group water and land classes also available.	
Wellness, Lap Pool 10:15am - 11:30am (wellness pool shared with Family Time 1030-1145am)	Wellness, Lap Pool 10:15am - 11:30am	Wellness, Lap Pool 10:15am - 11:30am		
Wellness Pool 11:30am - 12:00pm 1:00pm - 4:00pm 8:00pm - 9:30pm	Wellness Pool 11:30am - 12:00pm 1:00pm - 5:00pm 8:00pm - 9:30pm	Wellness Pool 11:30am - 12:00pm 1:00pm - 4:00pm		
Wellness Pool: 93°, 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				
			Closed: Jan 7-13 Special Schedules: Jan 21, Feb 18, Feb 19 April 1-7	

Define your fitness...

Jan 14 - Feb 17, 2019

Lap Swim Schedule

updated 01/07/2019

Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
6 Lap Lanes 5:30am - 9:00am	6 Lap Lanes 5:30am - 9:00am	6 Lap Lanes 5:30am - 9:00am	6 Lap Lanes 7:00am - 8:05am	3 Lap Lanes 9:30am - noon
3 Lap Lanes 9:00am - 11:30am	3 Lap Lanes 9:00am - 11:30am	3 Lap Lanes 9:00am - 11:30am	3 Lap Lanes 8:05am - 11:15am	
6 Lap Lanes 11:30am - 2:30pm	6 Lap Lanes 11:30am - 2:30pm	6 Lap Lanes 11:30am - 2:30pm	Time and space is designated to swim for fitness at your own pace. Lap lanes will be marked as slow, medium or fast. These are relative speeds to the other swimmers at the time. Mon-Thur 5pm-7pm is adult only, and accomodation requests should see the Aquatics Office.	
3 Lap Lanes 4:00pm - 9:30pm (5pm-7pm adults only)	3 Lap Lanes 5:00pm - 8:00pm (5pm-7pm adults only)	3 Lap Lanes 5:00pm - 6:15pm		
	1 Lap Lane 8:00pm - 9:30pm			

Adult Hot Tub and Sauna

Mon & Wed	Tues & Thur	Friday	Saturday	Sunday
5:30am - 9:30pm	5:30am - 9:30pm	5:30am - 8:15pm	7 -11:15am & 12:45-2:30pm & 4-5:45pm & 7:15-9pm	9:30-noon & 1:30-3:15pm & 4:45-6:30pm

Closed: Jan 7-13.

Special Schedules: Jan 21, Feb 18, Feb 19

For updates, more pool activities and swim lesson information visit www.PlayLynnwood.com or call customer service at 425-670-5732.