

Lynnwood Recreation Center

Winter Break Special Schedule

Closed: Wed Dec 24, Thur Dec 25, Thur Jan 1

Open Fitness Swim Schedule

MON	TUES	WED	FRI	SAT	SUN
Dec 22 & Dec 29	Dec 23 & Dec 30	Dec 31	Dec 26 & Jan 2	Dec 27 & Jan 3	Dec 28 & Jan 4
Wellness, Rec 5:30am - 11:45am <small>No river 5:45-6:45, 8-9, 10:30-11:30</small>	Wellness, Rec 5:30am - 11:45am <small>No river 5:45-6:45, 10:30-11:30</small>	Wellness, Rec 5:30am - 11:45am <small>No river 5:45-6:45, 8-9, 10:30-11:30</small>	Wellness, Rec 5:30am - 11:45am <small>No river 5:45-6:45, 8-9, 10:30-11:30</small>	Wellness, Rec 7:00am - 11:15am (no River 7:45-8:45)	Wellness Pool Noon - 2:45pm
Wellness Pool is shared with family time weekdays 9-11:45am					
Rec Pools 11:45am-12:45pm	Rec Pools 11:45am-12:45pm	Rec Pools 11:45am-12:45pm	Rec Pools 11:45am-12:45pm		
Wellness Pool 3:45pm - 9:30pm	Wellness Pool 3:45pm - 9:30pm	New Years Eve closing early at 3pm	Wellness Pool 3:45pm - 6:150pm		
Wellness Pool: 89°, ramp entry, balance bar, underwater bench, 3 - 4.5 feet.					
Rec Pool: 85° includes: Lake with bench, 3.5 - 5 feet River: current, 3.5 feet Splash: easy grip wall, 3.5 ft					
Lap Pool: 83°, 3.5 - 5 feet, drops to 12 feet					

Lap Swim Schedule

MON	TUES	WED	FRI	SAT	SUN
Dec 22 & Dec 29	Dec 23 & Dec 30	Dec 31	Dec 26 & Jan 2	Dec 27 & Jan 3	Dec 28 & Jan 4
6 Lap Lanes 5:30am - 7:00am	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 Noon - 1:15pm
<small>(no lap lanes available 7am-9am during highschool swim team practice)</small>					
3 Lap Lanes 9:00am - 10:15am	3 Lap Lanes 9:00am - 10:15am	3 Lap Lanes 9:00am - 10:15am	3 Lap Lanes 9:00am - 10:15am	3 Lap Lanes 7:40am - 8:45am	6 Lap Lanes 1:15pm - 2:45pm
6 Lap Lanes 10:15am - 12:45pm	6 Lap Lanes 10:15am - 12:45pm	6 Lap Lanes 10:15am - 12:45pm	6 Lap Lanes 10:15am - 12:45pm	6 Lap Lanes 8:45am - 11:15am	
3 Lap Lanes 3:45pm - 9:30pm	3 Lap Lanes 3:45pm - 9:30pm	New Years Eve closing early at 3pm	6 Lap Lanes 3:45pm - 6:15pm		

Adult Hot Tub & Sauna Schedule

MON	TUES	WED	FRI	SAT	SUN
Dec 22 & Dec 29	Dec 23 & Dec 30	Dec 31	Dec 26 & Jan 2	Dec 27 & Jan 3	Dec 28 & Jan 4
5:30am - 12:45pm 1:15pm - 3:00pm 3:45pm - 9:30pm	5:30am - 12:45pm 1:15pm - 3:00pm 3:45pm - 9:30pm	5:30am - 12:45pm 1:15pm - 3:00pm	5:30am - 12:45pm 1:15pm - 3:00pm 3:45pm - 8:15pm	7:00am - 11:15am 12:45pm - 2:30pm 4:00pm - 5:45pm 7:15pm - 9:00pm	12:00pm - 2:45pm 4:15pm - 6:00pm
		New Years Eve closing early at 3pm			

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Public Swims Schedule

MON	TUES	WED	FRI	SAT	SUN
Dec 22 & Dec 29	Dec 23 & Dec 30	Dec 31	Dec 26 & Jan 2	Dec 27 & Jan 3	Dec 28 & Jan 4
Beach Swim 5:30am-12:45pm	Beach Swim 5:30am-12:45pm	Beach Swim 5:30am-12:45pm	Beach Swim 5:30am-12:45pm	Beach Swim 7:00am-11:15am	
spray features available at 9am 0-1.5ft deep, shallow play area only					
Family Time : Beach Swim extended into wellness pool 9:00am-11:45am				extended into Lake/River 9:00am - 11:15am	
Open Swim 1:15pm - 3:00pm	Open Swim 1:15pm - 3:00pm	Open Swim 1:15pm - 3:00pm	Open Swim 1:15pm - 3:00pm	Open Swim 12:45pm - 2:30pm 4:00pm - 5:45pm 7:15pm - 9:00pm	Rec Swim noon - 2:45pm
Rec Swim 3:45pm - 6:15pm 7:00pm - 9:00pm	Rec Swim 3:45pm - 6:15pm 7:00pm - 9:00pm	New Years Eve closing early at 3pm	Rec Swim 3:45pm - 6:15pm Open Swim 6:30pm-8:15pm		Open Swim 4:15pm - 6:00pm

All children under 6 must be actively supervised by an adult in the water at all times.
Riders must be at least 40" tall for the body slide and 48" tall for the innertube slide.

Beach Swim:

0-18in deep shallow play area with water playground, family hot tub and spray features after 9:00am. Large slides and river are not available. Perfect for families with small children.

Recreation Swim:

Includes the entire recreation pool with 2 giant waterslides, river with current, and the beach area. Great for all ages!

Open Swim:

All pool areas are open for play time! Recreation pool with slides and lap pool with diving board, wellness pool and tons more.

Lap Swim:

Time and space is designated for you 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.

Open Fitness:

Use the water the way you like; water walking, stretching, water exercises, or relaxation.

Winter program schedule for Weight Room and
Land Fitness Classes begins Monday, Jan 5.
All pools and sauna will be closed January 5-11.

Winter program schedule for the Pools begins Monday. Jan 12.