

Lynnwood Recreation Center

Holiday Schedule

Friday, Nov 25, 2016

Rec Center & Weight Room: 5:30am-9:00pm

Adult Hot Tub & Sauna: 5:30am-12:45pm &
1:15pm-3pm & 3:45pm-8:15pm

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|----------------------------|----------------|----------------|
| LAND FITNESS CLASSES | 5:45am-6:45am | Group Centergy |
| | 12:15pm-1:15pm | Group Power |
| | 1:30pm-2:30pm | Group Fight |

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|-----------------|----------------|---|
| PUBLIC SWIMS | 5:30am-12:45pm | Beach Swim <i>Spray features available at 9am</i> <i>0-1.5ft deep, shallow play area only</i> |
| | 9:00am-11:45am | <i>Beach Swim extended into wellness pool</i> |
| | 1:15pm-3:00pm | Open Swim |
| | 3:45pm-6:15pm | Rec Swim |
| | 6:30pm-8:15pm | Open Swim |

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|--------------|---|---------|
| LAP SWIMS | 5:30am-7:00am | 6 Lanes |
| | <i>No lanes available 7-9am for HS swim team practice</i> | |
| | 9:00am-10:15am | 3 Lanes |
| | 10:15am-12:45pm | 6 Lanes |
| | 3:45pm-6:15pm | 6 Lanes |

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|-----------------|-----------------|---|
| OPEN FITNESS | 5:30am-11:45am | Rec Pools/Wellness <i>Fitness class in river 545-645am, 8-9am, 1030-1130am</i> <i>Wellness shared with family play 9-1145am</i> |
| | 11:45am-12:45pm | Rec Pools |
| | 3:45pm-6:15pm | Wellness Pool |

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|-----------------------------|-----------------|----------------|
| WATER FITNESS CLASSES | 5:45am-6:45am | River Fitness |
| | 8:00am-9:00am | River Fitness |
| | 9:15am-10:15am | Deep Fitness |
| | 10:30am-11:30am | 62+ Fitness |
| | 12:00pm-1:00pm | Gentle Fitness |

No duty is more urgent than that of
returning thanks. ~James Allen



LAND FITNESS CLASSES

Land Fitness class description are at:

www.playlynnwood.com

PUBLIC SWIMS

Beach Swim:

0-1.5ft deep shallow play area with water playground, family hot tub and splash features after 9:00am. No large slides. Perfect for families with small children.

Recreation (Rec) Swim:

Includes the 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. Perfect for adults of all ages and abilities.