

# Lynnwood Recreation Center

# Holiday Schedule

## Friday, Nov 10, 2017

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

Adult Hot Tub & Sauna: 5:30am-1:00pm &  
1:15pm-3pm & 3:45pm-8:15pm

LAND FITNESS CLASSES	5:45am-6:45am	Group Centergy
	7:00am-8:00am	Push Yourself
	8:45am	Enhance Fit 62+ (Intermediate)
	10:00am	Enhance Fit 62+ (Advanced)
	12:15pm-1:15pm	Group Power
	1:30pm-2:30pm	Zumba
	5:30pm-6:30pm	Group Centergy

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-6:00pm	Rec Swim
	6:30pm-8:15pm	Open Swim

LAP SWIMS	5:30am-7:00am	6 Lanes <i>(no lanes 7-9am, HS swim team)</i>
	9:00am-10:15am	3 Lanes
	10:15am-12:45pm	6 Lanes
	3:45pm-6:15pm	6 Lanes

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

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

# THANK YOU!

Our veterans left everything they knew and loved and served with exemplary dedication and courage so we could all know a safer America and a more just world.... On Veterans Day, and every day, let us show them the extraordinary gratitude they so rightly deserve. ~President Obama

## LAND FITNESS CLASSES

Land Fitness class description are at:

[www.playlynnwood.com](http://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

\* 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 lesson classes.