

# Lynnwood Recreation Center Special Schedule

**Monday, December 22 & 29**

GYM 5:30am-7:30pm Weight machines and cardio	
FITNESS CLASSES <a href="http://www.PlayLynnwood.com">www.PlayLynnwood.com</a> Land and Water classes are on regular schedule	
ADULT HOT TUB & SAUNA 5:30am-2:30pm 4:15pm-7:30pm Hot Tub & Sauna are not available during swim practice 2:30pm-4:15pm	
PUBLIC SWIMS (see back for definitions)	5:30am-11:30am Beach Swim
	10:30am-11:45am Wellness Pool
	11:45am-1:30pm
	1:45pm-3:30pm
	3:45pm-5:30pm Rec Swim
LAP SWIMS	5:30am-9am 6 Lanes
	9am-2:30am 3 Lanes
	4:15pm-6:30pm 6 Lanes
	6:30pm-7:30pm 3 Lanes
OPEN FITNESS	5:30am-10:30am* 1pm-2:30pm* 4:15pm-7:30pm* *Adults only Wellness Pool
	5:30am-11:30am Lake, Splash
	6:45am-8am 9am-10:30am River
	10:15am-11:30am Lap Pool (shallow and deep area of 3 lane spaces)

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"No act of kindness, no matter  
how small, is ever wasted."

~Aesop

## PUBLIC SWIMS

All children under the age of six must be actively supervised  
by someone 13+ in the water at all times.  
Riders must be at least 40 inches tall for the body slide and 48  
inches tall for the innertube slide.

### 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.

### 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! Main pool  
with deep end, Recreation pool with slides, warm  
water wellness pool and more.

## LAP SWIM

To create a safe and welcoming environment,  
circle swimming is required during lap swim, even  
when swimming alone. Swimmers should join a  
lane with other swimmers of a similar speed  
whenever possible.

## 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 and location varies.



PARKS, RECREATION & CULTURAL ARTS

[www.PlayLynnwood.com](http://www.PlayLynnwood.com) | 425-670-5732

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