

Lynnwood Recreation Center Special Schedule

Saturday Dec 20, 27, & Jan 3

GYM 7:00am-7:30pm Weight machines and cardio		
FITNESS CLASSES www.PlayLynnwood.com Land and Water classes are on regular schedule		
ADULT HOT TUB & SAUNA 7:00am-11:15pm & 12:45pm-2:30pm* & 4:00pm-5:45pm* & 6:00pm-7:45pm* * This time is during the Open Swim; admission is subject to space available during the swim; Pre-registering is encouraged		
PUBLIC SWIMS (see back for definitions)	7:00am-11:15am	Beach Swim
	7:00am-9:00am	Beach only
	9am-11:15am	Beach, Lake, River, Splash & Wellness
	12:45pm-2:30pm	Open Swim
	4:00pm-5:45pm	
	6:00pm-7:45pm	
LAP SWIMS		
	7:00am-8:00am	6 Lanes
	8:00am-9:15am	3 Lanes
	9:15am-11:15am	6 Lanes
OPEN FITNESS	7:00am-9am* *Adults Only	Wellness

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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

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