

Lynnwood Recreation Center Special Schedule

Friday Nov 24, 2023

GYM	5:30am-9:30pm	weight machines and cardio
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FITNESS CLASSES	www.PlayLynnwood.com
Land and Water classes are on regular schedule	

ADULT HOT TUB & SAUNA
5:30am-7:00am, 9:00am-8:15pm

PUBLIC SWIMS <small>(see back for definitions)</small>	5:30am-11:30am	Beach Swim
	5:30am-9:00am	Beach only
	9:00am-11:30am	Beach + Wellness pool
	11:45am-1:30pm 2:00pm-3:45pm	Rec Swim
	4:15pm-6:00pm 6:30pm-8:15pm	Open Swim

LAP SWIMS	5:30am-7:00am	6 Lanes
	<i>no lanes 7:00am-9:00am (highschool practice)</i>	
	9:00am-11:30am	3 Lanes
	11:30am-4:00pm	6 lanes

OPEN FITNESS	5:30am-7:00am 9:00am-11:30am <small>(9-11:30 shared with families)</small>	Wellness Pool
	1:00pm-4:00pm <small>(1-4pm Adults only)</small>	
	6:45am-8:00am 9:00am-10:30am	River, Lake
	10:15am-11:30am	Lap Pool <small>(shallow and deep area of 3 lane spaces)</small>

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and thank the people who
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~John F. Kennedy

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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: 5:30am-11:30am

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: 11:45am-1:30pm
2:00pm-3:45pm

Includes the Recreation Pool, with 2 giant waterslides, river with current, and the beach area. Great for all ages!

Open Swim: 4:15pm-6:00pm
6:30pm-8:15pm

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 5:30am -11:30am
9:00am-4:00pm

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 5:30am-1:00pm
1pm-4pm (Adults only)

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 | 425-670-5732

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