

Lynnwood Recreation Center Special Schedule

Friday, April 10

GYM	5:30am-8pm	Weight machines and cardio
FITNESS CLASSES www.PlayLynnwood.com		
Land and Water classes are on regular schedule		
ADULT HOT TUB & SAUNA 5:30am-7:30pm		
PUBLIC SWIMS <small>(see back for definitions)</small>	5:30am-11:30am	Beach Swim
	5:30am-9am	Beach only
	9am-11:30am	Beach + Wellness pool
	11:45am-1:30pm	
	2:00pm-3:45pm	Rec Swim
	4:30pm-6:15pm	
	6:30pm-7:30pm	Splash and Save
LAP SWIMS	5:30am-9am	6 Lanes
	9am-11:30am	3 Lanes
	11:30am-3:15pm	6 Lanes
	3:15pm-6:15pm	3 Lanes
OPEN FITNESS	5:30am-9am	Wellness Pool
	9am-11:45am*	
	1pm-6:15pm**	*9-11:45 shared with families **Adults only
	5:30am-11:30am	Lake, Splash
	6:45am-8am	River
	9am-10:30am	
	10:15am-11:30am	Lap Pool (shallow and deep area of 2 lane spaces)

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"Spring is nature's way of saying,
'Let's Party!'"

~Robin Williams

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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:

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!

Splash and Dash 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 at all times during lap swim, including while swimming alone.

Swimmers should join a lane with other swimmers of a similar speed.

OPEN FITNESS

Intended for self directed exercising, water walking, or stretching. It is also acceptable to practice learning to swim during open fitness, but if you are interested in playing, splashing or jumping, please attend a beach, rec, or open swim.



PARKS, RECREATION & CULTURAL ARTS

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