

# Lynnwood Recreation Center Standard Schedule

**Saturday, April 11**

<b>GYM</b>	7:00am-8pm	Weight machines and cardio
<b>FITNESS CLASSES</b> <a href="http://www.PlayLynnwood.com">www.PlayLynnwood.com</a> Land and Water classes are on regular schedule		
<b>ADULT HOT TUB &amp; SAUNA</b> 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		
<b>PUBLIC SWIMS</b> (see back for definitions)	7:00am-11:15am	Beach Swim
	7:00am-9:00am	Beach only
	9am-11:15am	Beach, Lake, River & Splash
	12:45pm-2:30pm 4:00pm-5:45pm 6:00pm-7:45pm	Open Swim
<b>LAP SWIMS</b>	7:00am-8:00am	6 Lanes
	8:00am-9:15am	3 Lanes
	9:15am-11:15am	6 Lanes
<b>OPEN FITNESS</b>	7:00am-11:15am	Wellness
	8:10am-9am	Splash, River, Lake

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~E.E. Cummings

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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!

### 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 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.



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