

# Lynnwood Recreation Center Special Schedule

Mon & Wed: April 6 & April 8

GYM	5:30am-8pm	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-7:30pm		
PUBLIC SWIMS <small>(see back for definitions)</small>	5:30am-11:30am	Beach Swim
	5:30am-9am 9am-11:30am	Beach only Beach + Wellness pool (Family Time)
	11:45am-1:30pm 1:45pm-3:30pm 3:45pm-5:30pm 5:45pm-7:30pm	Rec Swim
LAP SWIMS	5:30am-9am	6 Lanes
	9am-11:30am	3 Lanes
	11:30am-3:15pm	6 Lanes
	3:15pm-7:30pm	3 Lanes
OPEN FITNESS	5:30am-9am 9am-11:45am* 1pm-7:30pm**	Wellness Pool <small>*9-11:45 shared with families **Adults only</small>
	5:30am-11:30am	Lake, Splash
	6:45am-8am 9am-10:30am	River
	10:15am-11:30am	Lap Pool <small>(shallow and deep area of 2 lane spaces)</small>

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	10:15am-11:30am	Lap Pool <small>(shallow and deep area of 3 lane spaces)</small>

"The earth laughs in flowers."

~Ralph Waldo Emerson

## 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!

### Family Time:

Includes a portion of the Wellness Pool. Perfect for families and children who are looking to swim in warm water.

## 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

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

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