

Define your fitness...

Sept 12 - Dec 18, 2016

Open Fitness Swim Schedule

updated 08/09/16

Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
Wellness, Rec Pools 5:30am - 9:00am (no River 5:45-6:45 & 8-9)	Wellness, Rec Pools 5:30am - 9:00am (no River 5:45-6:45)	Wellness, Rec Pools 5:30am - 9:00am (no River 5:45-6:45 & 8-9)	Wellness, Rec Pools 7:00am - 9:00am (no River 7:05-8:05)	Lake 9:30am - 10:30am
Wellness, Rec Pools 9:00am - 10:30am	Wellness, Rec Pools 9:00am - 10:30am	Wellness, Rec Pools 9:00am - 10:30am		Wellness Pool 10:30am - noon
Wellness, Lap Pools 10:15am - 11:30am (wellness pool shared with Family Time 1030-1145am)	Wellness, Lap Pools 10:15am - 11:30am	Wellness, Lap Pools 10:15am - 11:30am	Open Fitness Use the water the way you like: water walking, stretch, water exercises, relaxation. Perfect for adults of all ages and abilities. Spaces may be shared with swim lesson classes. Group water and land classes also available.	
Wellness Pool 11:30am - 12:00pm 1:00pm - 4:00pm 8:00pm - 9:30pm	Wellness Pool 11:30am - 12:00pm 1:00pm - 5:00pm 8:00pm - 9:30pm	Wellness Pool 11:30am - 12:00pm 1:00pm - 4:00pm		

Wellness Pool: 89°, ramp entry, balance bar, underwater bench, 3 - 4.5 feet.

Rec Pool: 85° and includes:

Lake: underwater bench, 3.5 - 5 feet

River: current, 3.5 feet

Splash: easy grip wall, 3.5 feet

Lap Pool: 83°, 3.5 - 5 feet, drops to 12 feet



Closed:

Sept 5 - 12

Nov 24

Holiday Schedule:

Nov 11 & 25

Dec 19 - 31

Define your fitness...

Sept 12 - Dec 18, 2016

Lap Swim Schedule

updated 08/30/16

Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
6 Lap Lanes 5:30am - 9:00am	6 Lap Lanes 5:30am - 9:00am	6 Lap Lanes 5:30am - 9:00am	6 Lap Lanes 7:00am - 8:05am	3 Lap Lanes 9:30am - noon
3 Lap Lanes 9:00am - 11:30am	3 Lap Lanes 9:00am - 11:30am	3 Lap Lanes 9:00am - 11:30am	3 Lap Lanes 8:05am - 11:15am	
6 Lap Lanes 11:30am - 2:30pm	6 Lap Lanes 11:30am - 2:30pm	6 Lap Lanes 11:30am - 2:30pm		
4 Lap Lanes 4:00pm - 6:00pm (5pm-7pm adults only)	4 Lap Lanes 5:00pm - 8:00pm (5pm-7pm adults only)	4 Lap Lanes 5:00pm - 6:15pm	For updates, more pool activities and swim lesson information visit www.PlayLynnwood.com or call customer Detailed public swim and fitness class schedules are also available.	
3 Lap Lanes 6:00pm - 9:30pm (5pm-7pm adults only)	1 Lap Lanes 8:00pm - 9:30pm			

Adult Hot Tub and Sauna

Mon & Wed	Tues & Thur	Friday	Saturday	Sunday
5:30am - 9:30pm	5:30am - 9:30pm	5:30am - 8:15pm	7 -11:15am & 12:45-2:30pm & 4-5:45pm & 7:15-9pm	9:30-noon & 1:30-3:15pm & 4:45-6:30pm

NEW! Adults 18+ only in the lap lanes from 5pm-7pm Mondays, Tuesdays, Wednesdays and Thursdays.

Closed: Sept 5-12, Nov 24 Holiday Schedule: Nov 11, Nov 25, Dec 19-31.