



Water Fitness Schedule

As of September 14, 2026

The Recreation Pool is subject to weekend and weekday closures for events and maintenance. Please scan the QR code to view our website calendar or visit www.snohomishaquatic.com/calendar.



Visit www.snohomishaquatic.com/schedules for our daily and weekly pool, waterfitness, and FlowRider® schedules and last minute schedule changes.

TIME	MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY	SUNDAY
7-8 a.m.	Deep Water (Competition Pool) 7-7:45 a.m.	Deep Water (Competition Pool) 7-7:45 a.m.	Deep Water (Competition Pool) 7-7:45 a.m.		Deep Water (Competition Pool) 7-7:45 a.m.	Deep Water (Competition Pool) 7-7:45 a.m.	Shallow Fit (Recreation Pool) 7:50-8:50 a.m.	
8-9 a.m.	Shallow Fit (Recreation Pool) 8-8:50 a.m.	Shallow Fit (Recreation Pool) 8-8:50 a.m.	Shallow Fit (Recreation Pool) 8-8:50 a.m.		Shallow Fit (Recreation Pool) 8-8:50 a.m.	Shallow Fit (Recreation Pool) 8-8:50 a.m.		
9-10 a.m.								
10-11 a.m.								
11 a.m.- noon	Shallow Fit (Recreation Pool) 11-11:50 a.m.		Deep Water (Competition Pool) 11-11:50 a.m.	Shallow Fit (Recreation Pool) 11-11:50 a.m.		Shallow Fit (Recreation Pool) 11-11:50 a.m.		
noon- 1 p.m.			Cardio Yoga (Recreation Pool) noon- 12:50 p.m.			Cardio Yoga (Recreation Pool) noon- 12:50 p.m.		
7-8 p.m.	Shallow Fit (Recreation Pool)		Shallow Fit (Recreation Pool)					

Schedule changes: In the event of instructor unavailability or other unforeseen circumstances, water fitness guests will be notified by email. Schedule changes will also be posted at www.snohomishaquatic.com/schedules.

If an instructor is unavailable, the pool will remain available during the regularly scheduled class time for guests who would like to complete a self-paced water workout.

For water fitness class descriptions, please see www.snohomishaquatic.com/waterfitness



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The Snohomish School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boys Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination, and all are located at 1601 Avenue D, Snohomish, WA 98290: Civil Rights Coordinator and Title IX Coordinator – Darryl Pernat, 360-563- 7285, darryl.pernat@sno.wednet.edu; Student ADA and Section 504 Coordinator - Wendy McCulloch, 360-563-7308, wendy.mcculloch@sno.wednet.edu; Applicant and Employee ADA Coordinator – Shantel Strandt, 360-563-7229; shantel.strandt@sno.wednet.edu; and Harassment, Intimidation and Bullying Coordinator – Jennifer Harlan, 360-563-7282, jennifer.harlan@sno.wednet.edu.