

Attention Aquatic Center Patrons

Lap Swim

M,W,F = 6a - 2p

T & TH = 6a - 9:30a & 7:30p - 8:30p

Sat & Sun = 12p - 1p

Water Aerobics

M,W,F = 6:30a - 7:30a - Higher intensity

T,TH = 8a - 9a - Higher intensity (self-led)

M,W,F = 8a - 9a - Lower Intensity/Arthritic exercise (self-led)

W,F = 4:30p - 5:30p - Higher intensity (starts 9/23/26)

Open Plunge

Tues & Thurs = 7:30p-8:30p **Sat & Sun** = 1p - 4p

Day(s)	Date(s)	Time(s)	Modification(s)	Reason
Fri	Oct 9th	5p -10p	Closed	PC Swim Meet
Sat	Oct 10th	7a -2p	Closed	PC Swim Meet
Thurs	Oct 15th	1p -3p	Open Plunge	Fall Break-No School
Fri	Oct 16th	1p -3p	Open Plunge	Fall Break-No School
Sat	Oct 17th	10a -12p	Swim Meet	Spooky Swim Meet

Join us for an open-to-all-ages swim meet. Everyone of all levels of swimming is welcome.

See pcswimschool.com for more information and to sign up.

Fri	Oct 23th	1p -3p	Open Plunge	No School
Mon - Thurs	Oct 26-29	TBA (anticipate 8:30a-1p)	Closed	3rd grade lessons
Mon - Thurs	Nov 2-5	TBA (anticipate 8:30a-1p)	Closed	3rd grade lessons

The complete schedule, pricing & hours can be found at www.swimparkcity.com

UPDATED 9-15-26