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

Open Plunge

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

Day(s)	Date(s)	Time(s)	Modification(s)	Reason
Mon - Thurs	Nov 9-12	9a -2p	Limited Lanes	PE Classes
Mon - Thurs	Nov 16-19	9a -2p	Limited Lanes	PE Classes
Wed	Nov 25	1p -3p	Open Plunge	No school
Thurs	Nov 26	All Day	Closed	Thanksgiving
Friday	Nov 27	1p -3p	Open Plunge	No school
Mon - Thurs	Nov 30-Dec 3	9a -2p	Limited Lanes	PE Classes
Mon - Thurs	Dec 7-10	9a -2p	Limited Lanes	PE Classes
Mon - Thurs	Dec 14-17	9a -2p	Limited Lanes	PE Classes
Mon - Wed	Dec 21-23	1p -3p	Open Plunge	No school
Thurs	Dec 24	9:30a-9p	Closed	Holiday
Fri	Dec 25	All Day	Closed	Holiday
Mon - Wed	Dec 28-31	1p -3p	Open Plunge	No school
Fri	Jan 1	All Day	Closed	Holiday
Mon	Jan 4	1p -3p	Open Plunge	No school

The complete schedule, pricing & hours can be found at www.swimparkcity.com **UPDATED 11-6-26**