

RecPlex Swim Schedule

	Sunday / Holiday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rec Swims (Both Pools)	1:00 - 3:00pm	6:00 - 8:00pm		6:00 - 8:00pm		6:00 - 8:00pm*	1:00 - 3:00pm 5:30 - 8:00pm*
Family Swim (Warm-up Pool) **	3:00 - 4:00pm	9:30 - 10:30am 3:30 - 4:30pm		9:30 - 10:30am 3:30 - 4:30pm		9:30 - 10:30am 3:30 - 4:30pm 5:00 - 6:00pm	3:00 - 4:00pm
Adult Lane Swims (Main Pool)	3:00 - 4:00pm	6:00 - 7:20am 9:30 - 10:30am 3:30 - 4:30pm		6:00 - 7:20am 9:30 - 10:30am 3:30 - 4:30pm		6:00 - 7:20am 9:30 - 10:30am 3:30 - 4:30pm	3:00 - 4:00pm
Military Fitness Lane Swims (Main Pool - RecPlex)		1200 - 1300	1200 - 1300	1200 - 1300		1200 - 1300	
Seniors Lane Swims (Main Pool)		7:30 - 8:20am 8:30 - 9:20am		7:30 - 8:20am 8:30 - 9:20am		7:30 - 8:20am 8:30 - 9:20am	
Therapy Swims (Warm-up Pool)		9:30 - 10:30am		9:30 - 10:30am		9:30 - 10:30am	

* On Friday & Saturday evenings during the Rec Swim, the BUG inflatable will be in the pool. It's Super Fun!

** Any child will be able to go swimming at the times offered providing there is a parent in the water with them.