



# 2025 Summer Schedule

June 2025 – September 2025

## Weekdays

## Lap Pool

## Weekend

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Hours	Saturday	Sunday
5:45am – 8:50am	Lap Swim (6 Lanes)	Lap Swim (6 Lanes)	Lap Swim (6 Lanes)	Lap Swim (6 Lanes)	Lap Swim (6 Lanes)	7:00am – 8:50am	Lap Swim (6 Lanes)	Lap Swim (6 Lanes)
8:50am – 9:00am	Lap Swim (6 Lanes)	Transition	Lap Swim (6 Lanes)	Transition	Transition	8:50am – 9:00am	Transition	Lap Swim (6 Lanes)
9:00am – 10:00am	Lap Swim (6 Lanes)	Water Aerobics (Hydro Cardio)	Lap Swim (6 Lanes)	Water Aerobics (Hydro Cardio)	Water Aerobics (High Intensity) + Lap Swim (2 Lanes)	9:00am – 10:00am	Water Aerobics (Power Plunge)	Cleaning
10:00am – 11:00am	Lap Swim (6 Lanes)	Lap Swim (6 Lanes)	Lap Swim (6 Lanes)	Lap Swim (6 Lanes)	Family Open Swim	10:00am – 11:00am	Lap Swim (5 Lanes)	Family Open Swim (No Lap Swim)
11:00am – 11:45am	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Family Open Swim	11:00am – 11:30am	Transition	Family Open Swim
11:45am – 12:45pm	Cleaning	Cleaning	Cleaning	Cleaning	Family Open Swim	11:30am – 1:00pm	Family Open Swim (Starts 11:30am)	Family Open Swim
12:45pm – 3:45pm	Family Open Swim	Family Open Swim	Family Open Swim	Family Open Swim	Family Open Swim	1:00pm – 3:00pm	Family Open Swim	Men's Only Swim *1:30pm – 2:30pm
3:45pm – 5:00pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Family Open Swim (Ends 4:45pm)	3:00pm – 4:00pm	Family Open Swim	Women's Only Swim *3:00pm – 4:00pm
5:00pm – 6:00pm	Mako Sharks	Mako Sharks	Mako Sharks	Mako Sharks	Mako Sharks	4:00pm – 6:00pm	Swim Teams	Closed
6:00pm – 7:00pm	Swim Lessons	Commercial Renters	Swim Lessons	Commercial Renters	Swim Lessons	<b>Programs and Schedules are subject to change</b> Schedule Updates/Changes will be posted at <a href="https://tukwilapool.org/">https://tukwilapool.org/</a> View Lane Rentals at <a href="https://tukwilapool.org/contact/">https://tukwilapool.org/contact/</a>		
7:00pm – 8:00pm	Commercial Renters	Commercial Renters	Commercial Renters	Family Open Swim	Commercial Renters			
8:00pm – 9:00pm	Family Open Swim + Lap Swim (3 Lanes)	Family Open Swim + Lap Swim (3 Lanes)	Family Open Swim + Lap Swim (3 Lanes)	Family Open Swim + Lap Swim (3 Lanes)	Family Open Swim + Lap Swim (3 Lanes)			
9:00pm – 10:00pm	Lap Swim (6 Lanes)	Lap Swim (6 Lanes)	Lap Swim (6 Lanes)	Lap Swim (6 Lanes)	Lap Swim (6 Lanes)			

## Weekdays

# Shallow Pool

## Weekend

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Hours	Saturday	Sunday
5:45am – 8:00am	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking	7:00am – 8:50am	Water Walking	Water Walking
8:00am – 9:00am	Water Aerobics	Volunteer Group Water Walking	Water Aerobics	Volunteer Group Water Walking	Family Open Swim	8:50am – 9:00am	Transition	Water Walking
9:00am – 10:00am	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Family Open Swim	9:00am – 10:00am	Swim Lessons	Cleaning
10:00am – 11:00am	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Family Open Swim	10:00am – 11:00am	Swim Lessons	Family Open Swim
11:00am – 11:45am	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Family Open Swim	11:00am – 11:30am	Transition	Family Open Swim
11:45am – 12:45pm	Cleaning	Cleaning	Cleaning	Cleaning	Family Open Swim	11:30am – 1:00pm	Family Open Swim (Starts 11:30am)	Family Open Swim
12:45pm – 3:45pm	Family Open Swim	Family Open Swim	Family Open Swim	Family Open Swim	Family Open Swim	1:00pm – 3:00pm	Family Open Swim	Men's Only Swim *1:30pm – 2:30pm
3:45pm – 5:00pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Family Open Swim	3:00pm – 4:00pm	Family Open Swim	Women's Only Swim *3:00pm – 4:00pm
5:00pm – 6:00pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Family Open Swim (Ends 5:45pm)	4:00pm – 6:00pm	Closed	Closed
6:00pm – 7:00pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Water Aerobics (High Intensity)	<b>Programs and Schedules are subject to change</b>  Schedule Updates/Changes will be posted at <a href="https://tukwilapool.org/">https://tukwilapool.org/</a>  View Lane Rentals at <a href="https://tukwilapool.org/contact/">https://tukwilapool.org/contact/</a>		
7:00pm – 8:00pm	Water Aerobics (High Intensity)	Family Open Swim	Water Aerobics (High Intensity)	Family Open Swim	Family Open Swim			
8:00pm – 9:00pm	Family Open Swim	Family Open Swim	Family Open Swim	Family Open Swim	Family Open Swim			
9:00pm – 10:00pm	Closed	Closed	Closed	Closed	Closed			

	Lap Swim	Family Open Swim	Water Walking	Water Aerobics
Monday	5:45am-11:00am (6 Lanes) + 7:00pm-9:00pm (3 Lanes) + 9:00pm-10:00pm (6 Lanes)	12:45pm-3:45pm (Full Facility) + 8:00pm-9:00pm (Full Facility)	5:45am- 8:00am (Shallow Pool)	8:00am-9:00am (Shallow Pool) + 7:00pm-8:00pm (Shallow Pool)
Tuesday	5:45am-8:50am (6 Lanes) + 10:00am-11:00am (6 Lanes) + 7:00pm-9:00pm (3 Lanes) + 9:00pm-10:00pm (6 Lanes)	12:45pm-3:45pm (Full Facility) + 7:00pm-8:00pm (Shallow Pool) + 8:00pm-9:00pm (Full Facility)	5:45am- 9:00am (Shallow Pool)	9:00am-10:00am (Lap Pool)
Wednesday	5:45am-11:00am (6 Lanes) + 7:00pm-9:00pm (3 Lanes) + 9:00pm-10:00pm (6 Lanes)	12:45pm-3:45pm (Full Facility) + 8:00pm-9:00pm (Full Facility)	5:45am- 8:00am (Shallow Pool)	8:00am-9:00am (Shallow Pool) + 7:00pm-8:00pm (Shallow Pool)
Thursday	5:45am-8:50am (6 Lanes) + 10:00am-11:00am (6 Lanes) + 7:00pm-9:00pm (3 Lanes) + 9:00pm-10:00pm (6 Lanes)	12:45pm-3:45pm (Full Facility) + 7:00pm-8:00pm (Shallow Pool) + 8:00pm-9:00pm (Full Facility)	5:45am- 9:00am (Shallow Pool)	9:00am-10:00am (Lap Pool)
Friday	5:45am-9:00am + 9:00am- 10:00am (2 Lanes) + 7:00pm- 9:00pm (3 Lanes) + 9:00pm- 10:00pm (6 Lanes)	8:00am-10:00am (Shallow Pool) + 10:00am-4:45pm (Full Facility) + 4:45pm-5:45pm (Shallow Pool) + 7:00pm-8:00pm (Shallow Pool) + 8:00pm-9:00pm (Full Facility)	5:45am- 8:00am (Shallow Pool)	9:00am-10:00am (Lap Pool) + 7:00pm-8:00pm (Shallow Pool)
Saturday	7:00am-8:50am (6 Lanes) + 10:00am-11:00am (5 Lanes)	11:30am-4:00pm (Full Facility)	7:00am- 8:45am (Shallow Pool)	9:00am-10:00am (Lap Pool)
Sunday	7:00am-9:00am (6 Lanes)	10:00am-1:00pm (Full Facility)	7:00am- 9:00am (Shallow Pool)	