



2025-26 Fall/Winter Schedule

September 2025 - February 2026

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		Transition 8:50am – 9:00am		Transition 8:50am – 9:00am	Transition + Lap Swim (2 Lanes)	8:50am – 9:00am	Transition 8:50am – 9:00am	Lap Swim (6 Lanes)
9:00am – 10:00am	Lap Swim (6 Lanes)	Water Aerobics (Hydro Cardio)	Lap Swim (6 Lanes) + Volunteer Synchro	Water Aerobics (Hydro Cardio)	Water Aerobics (High Intensity) + Lap Swim (2 Lanes)	9:00am – 10:00am	Water Aerobics (Power Plunge) + Lap Swim (1 Lanes)	Cleaning
10:00am – 10:10am	Lap Swim (6 Lanes)	Transition 10:00am – 10:10am	Lap Swim (6 Lanes)	Transition 10:00am – 10:10am	Transition + Lap Swim (2 Lanes)	10:00am – 11:00am	Lap Swim *Starts 10:10am (5 Lanes)	Family Open Swim (No Lap Swim)
10:10am – 12:00pm		Lap Swim (6 Lanes)		Lap Swim (6 Lanes)	Lap Swim (6 Lanes)	11:00am – 11:30am	Transition	Family Open Swim
12:00pm – 1:00pm	Lap Swim (6 Lanes)	Cleaning	Lap Swim (6 Lanes)	Cleaning	Lap Swim (6 Lanes)	11:30am – 1:00pm	Family Open Swim *Starts 11:30am	Family Open Swim
1:00pm – 2:00pm	Lap Swim (6 Lanes)	Cleaning	Cleaning	Cleaning	Lap Swim (6 Lanes)	1:00pm – 2:50pm	Family Open Swim	Men's Only Swim *1:30pm – 2:30pm
2:00pm – 2:45pm	Cleaning	Cleaning	Cleaning	Cleaning	Cleaning	3:00pm – 4:00pm	Swim Teams	Woman's Only Swim *3:00pm – 4:00pm
2:45pm – 5:00pm	Swim Teams	Swim Teams	Swim Teams	Swim Teams	Swim Teams	4:00pm – 7:00pm	Swim Teams	Closed
5:00pm – 6:00pm	Mako Sharks Swim	Swim Lessons	Mako Sharks	Swim Lessons	Mako Sharks	Programs and Schedules are subject to change Schedule Updates/Changes will be posted at https://tukwilapool.org/ View Lane Rentals at https://tukwilapool.org/contact/		
6:00pm – 7:00pm	Lessons + Lap Swim (2 Lanes)	Commercial Rental	Swim Lessons + Lap Swim (2 Lanes)	Commercial Rental	Lap Swim (6 Lanes)			
7:00pm – 8:00pm	Commercial Rental	Commercial Rental	Commercial Rental	Commercial Rental	Commercial Rental			
8:00pm – 9:30pm	Swim Teams	Swim Teams	Swim Teams	Swim Teams	Swim Teams			

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 – 8:45am	Water Walking	Water Walking
8:00am – 9:00am	Water Walking	Volunteer Group Water Walking	Water Walking	Volunteer Group Water Walking	Family Open Swim	8:45am – 9:00am	Transition	Water Walking
9:00am – 10:00am	Water Aerobics	Family Open Swim	Water Aerobics	Family Open Swim	Family Open Swim	9:00am – 10:00am	Swim Lessons	Cleaning
10:00am – 12:00pm	Family Open Swim	Family Open Swim	Family Open Swim	Family Open Swim	Family Open Swim	10:00am – 11:00am	Swim Lessons	Family Open Swim (No Lap Swim)
12:00pm – 2:00pm	Family Open Swim	Cleaning	Family Open Swim	Cleaning	Family Open Swim	11:00am – 11:30am	Transition	Family Open Swim
2:00pm – 2:45pm	Cleaning	Cleaning	Cleaning	Cleaning	Cleaning	11:30 am – 1:00pm	Family Open Swim *Starts 11:30am	Family Open Swim
2:45pm – 4:00pm	Cleaning	Cleaning	Cleaning	Cleaning	Family Open Swim	1:00pm – 3:00pm	Family Open Swim	Men's Only Swim *1:30pm – 2:30pm
4:00pm – 6:00pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Family Open Swim *Ends 5:45pm	3:00pm – 4:00pm	Family Open Swim	Woman's Only Swim *3:00pm – 4:00pm
6:00pm – 7:00pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Water Aerobics (High Intensity)	4:00pm – 6:00pm	Closed	Closed
7:00pm – 8:00pm	Water Aerobics	Family Open Swim	Water Aerobics	Family Open Swim	Family Open Swim	Programs and Schedules are subject to change Schedule Updates/Changes will be posted at https://tukwilapool.org/ View Lane Rentals at https://tukwilapool.org/contact/		
Closed	Closed	Closed	Closed	Closed	Closed			

	Lap Swim	Family Open Swim	Water Walking	Water Aerobics
Monday	5:45am-2:00pm (Lap Pool) + 6:00pm-7:00pm (2 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 (Lap Pool) + 10:10am-12:00pm (Lap Pool)	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 + 9:00pm-10:00pm (Lap Pool)	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-8:45am + 10:00am-11:00am + 9:00pm-10:00pm (Lap Pool)	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) + 9:00pm-10:00pm (Lap Pool)	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-8:45am (Lap Pool) + 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 (Lap Pool)	10:00am-1:00pm (Full Facility)	7:00am- 9:00am (Shallow Pool)	