A video game screen with waves and a green frog

Description automatically generated2025-26 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 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** | Swim 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) |  |