

2026 Winter Schedule

Feb 23 - March 30, 2026

Lap Swim

Day of the Week	Swimming Times
Monday	5:45am-2pm ● 6pm-7pm (2 Lanes)
Tuesday	5:45am-8:50am ● 10:10am-12pm
Wednesday	5:45am-9am ● 9am-10am (4 Lanes) 10am-2pm ● 6pm-7pm (2 Lanes)
Thursday	5:45am-8:50am ● 10:10am-12pm
Friday	5:45am-8:50am ● 9am-10am (2 Lanes) 10:10am-2pm ● 6pm-7pm
Saturday	7am-9am ● 10am-11am
Sunday	7am-9am

Group Classes

Class & Intensity	Teacher	Schedule	Location
Water Exercise <i>Low</i>	Lori	Mon/Wed 9am-10am	Shallow Pool <5ft
Water Exercise <i>High</i>	Teresa	Tue/Thu 9am-10am	Lap Pool 5ft-12ft
Power Plunge <i>High</i>	Teresa	Saturday 9am-10am	Lap Pool 5ft-12ft
Water Exercise <i>High</i>	Marj	Friday 9am-10am	Lap Pool 5ft-12ft
Water Exercise <i>High</i>	Kelly	Mon/Wed 7pm-8pm	Shallow Pool <5ft
Water Exercise <i>High</i>	Kelly	Friday 6pm-7pm	Shallow Pool <5ft
Intro to Synchro	Volunteer Led	Wed 9am-10am	Lap Pool 9ft-12ft
Water Walking	Self-Led (No Teacher)	Mon-Fri 5:45am-9am Sat-Sun 7am-9am	Shallow Pool <5ft

Family Open Swim

Day of the Week	Swimming Times
Mon/Wed	10am-2pm <i>Shallow</i> ● Closed <i>Deep</i>
Tue/Thu	9am-12pm <i>Shallow</i> 7pm-8pm <i>Shallow</i> ● Closed <i>Deep</i>
Friday	9am-2pm <i>Shallow</i> 2:45pm-5:45pm <i>Shallow</i> ● Closed <i>Deep</i> 7pm-8pm <i>Shallow</i>
Saturday**	11:30am-3pm <i>Shallow & Deep</i> 3pm-4pm <i>Shallow</i>
Sunday	10am-1pm <i>Shallow & Deep</i> 1:30pm-2:30pm <i>Men's Only Swim</i> 3pm-4pm <i>Women's Only Swim</i>

Programs & Schedule are subject to change

Schedule Updates/Changes will be posted at <https://tukwilapool.org>

View Lane Rentals at <https://tukwilapool.org/contact/>

**Saturday swim times may vary.