

2026 Summer Schedule

Lap Swim

Day of the Week	Swimming Times	
Monday	5:45am-11am 11am-12pm 4 Lanes	7pm-8pm 3 Lanes
Tuesday	5:45am-8:50am 10:10am-11am	11am-12pm 4 Lanes 7pm-9pm 3 Lanes
Wednesday	5:45am-10am 10am-11am 4 Lanes	11am-12pm 4 Lanes 7pm-8pm 3 Lanes
Thursday	5:45am-8:50am 10:10am-11am	11am-12pm 4 Lanes 7pm-9pm 3 Lanes
Friday	5:45am-8:50am 9am-10am 2 Lanes	7pm-9pm 3 Lanes
Saturday	7am-8:50am 9am-10am 2 Lanes	10:10am-11am
Sunday	7am-9am	

Recreational Swim

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

**Saturday swim times may vary.

Group Classes

Class & Intensity	Teacher	Schedule	Location
Water Exercise Low	Lori	Mon/Wed 8am-9am	Shallow Pool <5ft
Water Exercise High	Teresa	Tue/Thu 9am-10am	Lap Pool 5ft-12ft
Power Plunge High	Teresa	Saturday 9am-10am	Lap Pool 5ft-12ft
Water Exercise High	Marj	Friday 9am-10am	Lap Pool 5ft-12ft
Water Exercise High	Kelly	Mon/Wed 7pm-8pm	Shallow Pool <5ft
Water Exercise High	Kelly	Friday 6pm-7pm	Shallow Pool <5ft
Intro to Synchro	Volunteer Led	Wed 10am-11am	Lap Pool 9ft-12ft
Water Walking	Self-Led (No Teacher)	M/W/F 5:45am-8am T/Th 5:45am-9am Sat-Sun 7am-9am	Shallow Pool <5ft

Programs & Schedule are subject to change

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

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