

2026 Fall Schedule

Lap Swim

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

Group Classes

Class & Intensity	Teacher	Schedule	Location
Water Exercise Low	Lori	Mon/Wed 9am-10am	Shallow Pool <5ft
Water Exercise High	Kelly	Mon/Wed 7pm-8pm	Shallow Pool <5ft
Water Exercise High	Teresa	Tue/Thu 9am-10am	Lap Pool 5ft-12ft
Intro to Synchro	Volunteer Led	Wed 9am-10am	Lap Pool 9ft-12ft
Water Exercise High	Marj	Friday 9am-10am	Lap Pool 5ft-12ft
Water Exercise High	Kelly	Friday 6pm-7pm	Shallow Pool <5ft
Power Plunge High	Teresa	Saturday 9am-10am	Lap Pool 5ft-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 Shallow	● Closed	Deep
Tue/Thu	9am-2pm Shallow 7pm-8pm Shallow	● Closed	Deep
Friday	9am-2pm Shallow 2:45pm-5:45pm Shallow 7pm-8pm Shallow	● Closed	Deep
Saturday**	11:30am-2:50pm Shallow & Deep 2:50pm-4pm Shallow		
Sunday	10am-1pm Shallow & Deep 1:30pm-2:30pm Men's Only Swim 3pm-4pm Women's Only Swim		

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.