

FARMINGTON CIVIC CENTER INDOOR POOL SCHEDULE

AUGUST 10, 2026 - SEPTEMBER 7, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 18+	5:00AM– 8:30AM 11:00AM - 3:30PM 5:30PM - 7:30PM	5:00AM– 3:30PM <i>Lap swim will be cancelled from 8:30am 11:00am on rain days when water aerobics classes must move indoors.</i>	5:00AM– 8:30AM 11:00AM - 3:30PM 5:30PM - 7:30PM	5:00AM– 3:30PM <i>Lap swim will be cancelled from 8:30am 11:00am on rain days when water aerobics classes must move indoors.</i>	5:00AM– 8:30AM 11:00AM - 3:30PM 5:30PM - 7:30PM	7:00AM– 5:30PM	8:00AM– 5:30PM
Open Swim	5:30PM - 7:30PM Beginning Aug. 17th		5:30PM - 7:30PM Beginning Aug. 17th		5:30PM - 7:30PM Beginning Aug. 17th		
Swim Teams	FHS 3:30PM - 5:30PM	FHS 3:30PM - 5:30PM Team Genesis 5:30PM - 6:30PM	FHS 3:30PM - 5:30PM	FHS 3:30PM - 5:30PM Team Genesis 5:30PM - 6:30PM	FHS 3:30PM - 5:30PM		
Water Aerobics 16+	Aqua Explosion 8:45AM - 9:45AM AM Arthritis 9:45AM - 10:45AM	Aqua Dynamics <i>Outdoors</i> 8:45AM - 9:45AM Silver Sneakers Splash <i>Outdoors</i> 9:45AM - 10:45AM Aqua Fit <i>Indoors</i> 6:30PM - 7:30PM	Aqua Explosion 8:45AM - 9:45AM AM Arthritis 9:45AM - 10:45AM	Aqua Dynamics <i>Outdoors</i> 8:45AM - 9:45AM Silver Sneakers Splash <i>Outdoors</i> 9:45AM - 10:45AM Aqua Fit <i>Indoors</i> 6:30PM - 7:30PM	Aqua Explosion 8:45AM - 9:45AM AM Arthritis 9:45AM - 10:45AM		
Group Swim Lesson		5:30PM - 6:30PM		5:30PM - 6:30PM		9:00AM– 10:00AM	



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FARMINGTON CIVIC CENTER WATER AEROBIC CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Aqua Explosion 8:45 - 9:45 AM	Aqua Dynamics <i>Outdoors During Summer Season 8:00AM - 9:00AM (Indoors on Rain Days 8:45 - 9:45 AM)</i>	Aqua Explosion 8:45 - 9:45 AM	Aqua Dynamics <i>Outdoors During Summer Season 8:00AM - 9:00AM (Indoors on Rain Days 8:45 - 9:45 AM)</i>	Aqua Explosion 8:45 - 9:45 AM
AM Arthritis 9:45 - 10: 45 AM	Silver Sneakers Splash <i>Outdoors During Summer Season 9:00AM - 10:00AM (Indoors on Rain Days 9:45 - 10:45 AM)</i>	AM Arthritis 9:45 - 10: 45 AM	Silver Sneakers Splash <i>Outdoors During Summer Season 9:00AM - 10:00AM (Indoors on Rain Days 9:45 - 10:45 AM)</i>	AM Arthritis 9:45 - 10: 45 AM
	Aqua Fit 6:30 - 7:30 PM		Aqua Fit 6:30 - 7:30 PM	

- **AM Arthritis:** A slower paced class developed through the National Arthritis Foundation focusing on flexibility exercises, joint protection and increasing range of motion.
- **Aqua Dynamics:** Fun, Fast paced, full body workout. Music is cranked up to motivate and keep the pace up to ensure a great cardiovascular workout. Use of water bells and noodles help kick up the resistance for best results.
- **Aqua Explosion:** A challenging water exercise class that empasizes on cardiovascular fitness and muscular conditioning. This class utilizes the entire pool. The use of water bells is recommended.
- **Aqua Fit:** Tone and sculpt your body with little to no impact to your joints. This popular water workout is a blend of cardio and resistance training , and may incorporate resistance tools such as buoyant water weights and noodles.
- **Silver Sneakers Splash:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.



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