

Farmington Civic Center Outdoor Pool Schedule

May 31st, 2025 - August 1st, 2025

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Lap Swim	8:00AM– 10:30AM	8:00AM - 10:30AM	8:00AM– 10:30AM		8:00AM– 10:30AM		8:00AM– 10:30AM
River Walking	8:00AM– 10:30AM	8:00AM– 10:30AM		8:00AM– 10:30AM		8:00AM– 10:30AM	
Water Aerobics			Aqua Fit 6:30PM - 7:30PM	Aqua Dynamics 8:30AM - 9:30AM Silver Sneakers Splash 9:30AM - 10:30AM		Aqua Dynamics 8:30AM - 9:30AM Silver Sneakers Splash 9:30AM - 10:30AM	
Swim Lessons	All Levels 9:00AM– 10:00AM		All Levels 9:00AM– 10:00AM		All Levels 9:00AM– 10:00AM		All Levels 9:00AM– 10:00AM

Water Aerobic Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aqua Dynamics 8:30 - 9:30 AM		Aqua Dynamics 8:30 - 9:30 AM		
	Silver Sneakers Splash 9:30 - 10:30 AM		Silver Sneakers Splash 9:30 - 10:30 AM		
Aqua Fit 6:30 - 7:30 PM					

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.

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.

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.

River Walking- If you enjoy walking but would like to change things up from your usual routine, river walking is a low-impact exercise that not only has the potential to give you a great cardio workout, it can also help you burn calories, while building strength in many muscle groups.