

Farmington Civic Center Indoor Pool Schedule May 30th, 2026 - July 17th, 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 - 7:30PM	7:00AM- 5:30PM	8:00AM - 5:30PM
Open Swim							
Swim Teams	FAST 3:30PM-5:30PM	FAST 3:30PM-5:30PM Team Genesis 5:30PM-6:30PM	FAST 3:30PM-5:30PM	FAST 3:30PM-5:30PM Team Genesis 5:30PM-6:30PM			
Water Aerobics 18+	Aqua Explosion 8:45AM - 9:45AM AM Arthritis 9:45AM - 10:45AM	Aqua Fit 6:30PM - 7:30PM	Aqua Explosion 8:45AM - 9:45AM AM Arthritis 9:45AM - 10:45AM	Aqua Fit 6:30PM - 7:30PM	Aqua Explosion 8:45AM - 9:45AM AM Arthritis 9:45AM - 10:45AM		

Water Aerobic Class Schedule

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

Aqua Explosion - A challenging water exercise class that emphasizes cardiovascular fitness and muscular conditioning. This class utilizes the entire pool. The use of water bells is recommended.

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.

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.

Outdoor Pool Schedule

**JUNE 1 - SEPT 7
2026**



RIVER WALKING

7AM-10AM Mon-Sat / 8AM-10AM Sun: Low-impact workout in the Water Park lazy river. Water shoes recommended. Must be 18+. Included in Civic Center membership or daily fee. \$45 River Walking passes are also available!


WATER AEROBICS

Tuesdays and Thursdays at 8am & 9am at the outdoor lap pool. Will be held inside at 8:45am and 9:45am on rain days. Included in Civic Center membership or daily fee.



GROUP SWIM LESSONS

Summer sessions are now open for registration! All ages. Must complete a swim skill evaluation prior to registration. Details are available on our website or the Civic Center front desk.



If the waterpark is closed due to weather, we will have open swim inside if it doesn't interfere with other scheduled activities. Please note that Water Park season passes are not valid for admission to the indoor pool.

