

## Farmington Civic Center Indoor Pool Schedule May 30th, 2026 - July 17th, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim 18+</b>	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
<b>Open Swim</b>							
<b>Swim Teams</b>	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			
<b>Water Aerobics 18+</b>	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.