Farmington Civic Center Indoor Pool Schedule

August 18th, 2025 - August 24th, 2029

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Lap Swim	7:00AM- 5:30PM	8:00AM - 5:30PM	5:00AM- 3:30PM 5:30PM - 7:30PM		5:00AM- 3:30PM 5:30PM - 7:30PM	5:00AM- 3:30PM 5:30PM - 7:30PM	5:00AM-3:30PM 5:30PM-7:30PM
Swim Teams			Farmington High School	Farmington High School	Farmington High School	Farmington High School	Farmington High School
			3:30PM-5:30PM	3:30PM-5:30PM	3:30PM-5:30PM	3:30PM-5:30PM	3:30PM-5:30PM

Farmington Water Park Pool Schedule August 18th, 2025 - August 24th, 2025

Water			Aqua Fit	Aqua Dynamics		Aqua Dynamics	
Aerobics			6:30PM - 7:30PM	8:30AM - 9:30AM		8:30AM - 9:30AM	
				Silver Sneakers		Silver Sneakers	
				Splash		Splash	
				9:30AM - 10:30AM		9:30AM - 10:30AM	
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	8:00AM-10:30AM	8:00AM-10:30AM	8:00AM-10:30AM

Water Aerobic Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aqua Dynamics		Aqua Dynamics		
	8:30 - 9:30 AM		8:30 - 9:30 AM		
	Silver Sneakers Splash		Silver Sneakers Splash		
	9:30- 10:30 AM		9:30 - 10:30AM		
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.