

Farmington Civic Center Indoor Pool Schedule September 15th , 2025 - September 21st, 2025

	Monday 9/15	Tuesday 9/16	Wednesday 9/17	Thursday 9/18	Friday 9/19	Saturday 9/20	Sunday 9/21
Lap Swim	5:00AM-8:30PM 11:00AM - 3:30PM 5:30PM - 8:30PM	5:00AM– 8:30AM 11:00AM - 3:30PM	5:00AM– 8:30AM 11:00AM - 3:30PM 5:30PM - 8:30PM	5:00AM- 8:30AM 11:00AM - 3:30PM	5:00AM– 8:30AM 11:00AM - 3:30PM 5:30PM - 8:30PM	7:00AM– 5:30PM	8:00AM - 5:30PM
Swim Teams	Farmington High School 3:30PM-5:30PM	Farmington High School 3:30PM-5:30PM Team Genesis 7:30PM-8:30PM	Farmington High School 3:30PM-5:30PM	Farmington High School 3:30PM-5:30PM Team Genesis 7:30PM-8:30PM	Farmington High School 3:30PM-5:30PM		
Water Aerobics	Aqua Explosion 8:45AM - 9:45AM AM Arthritis 9:45AM - 10:45AM	Aqua Dynamics 8:45AM - 9:45AM Silver Sneakers Splash 9:45AM - 10:45AM Aqua Fit 6:30PM - 7:30PM	Aqua Explosion 8:45AM - 9:45AM AM Arthritis 9:45AM - 10:45AM	Aqua Dynamics 8:45AM - 9:45AM Silver Sneakers Splash 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 8:45 - 9:45 AM	Aqua Explosion 8:45 - 9:45 AM	Aqua Dynamics 8:45 - 9:45 AM	Aqua Explosion 8:45 - 9:45 AM
AM Arthritis 9:45 - 10: 45 AM	Silver Sneakers Splash 9:45 - 10: 45 AM	AM Arthritis 9:45 - 10: 45 AM	Silver Sneakers Splash 9:45 - 10: 45 AM	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 on 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.