

# MULTI- USE POOL

Schedule Effective  
June 30-August 22 2025

Water Temp: 82 ° / 130,000 gal.		PHONE- 751-4100				( # ) = Availability of lanes	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00	5:00-6:30 Lap Swim (6)	5:00-8:00 Lap Swim (6)	5:00-6:30 Lap Swim (6)	5:00-8:00 Lap Swim (6)	5:00-8:00 Lap Swim (6)	Opens @ 7:00	Opens @ 7:00
	6:30-8:00 Swim Team (4) Lap Swim (2)		6:30-8:00 Swim Team (4) Lap Swim (2)				
8:00	8:00-9:00 Hydro Fit (4) Lap Swim (2)	8:00-9:00 Hydro Fit (4) Lap Swim (2)	8:00-9:00 Hydro Fit (4) Lap Swim (2)	8:00-9:00 Hydro Fit (4) Lap Swim (2)	8:00-9:00 Hydro Fit (4) Lap Swim (2)	7:00-8:30 Lap Swim (6)	7:00-2:00 Lap Swim (6)
9:00	9:00-11:00 Swim America Swim Lessons(6)				9:00-11:00 Lap Swim (4) Private lessons(1) Physical Ther. (1)	8:30-9:30 Swim Team (3) Lap Swim (3)	
	11:00	11:00-12:00 Hydro Fit (3) Private lessons(2) Physical Ther. (1)	11:00-12:00 Group lessons(1) Private lessons(2) Physical Ther. (3)	11:00-12:00 Hydro Fit (3) Private lessons(2) Physical Ther. (1)	11:00-12:00 Group lessons(1) Private lessons(2) Physical Ther. (3)	11:00-12:00 Hydro Fit (3) Private lessons(2) Physical Ther. (1)	
Noon	12:00-1:00 Lap Swim (6)	12:00-1:00 Lap Swim (6)	12:00-1:00 Lap Swim (6)	12:00-1:00 Lap Swim (6)	12:00-1:00 Lap Swim (6)		
	1:00-2:00 Physical Ther. (3) Lap Swim (3)	1:00-2:00 Physical Ther. (3) Lap Swim (3)	1:00-2:00 Physical Ther. (3) Lap Swim (3)	1:00-2:00 Physical Ther. (3) Lap Swim (3)	1:00-2:00 Physical Ther. (3) Lap Swim (3)		
2:00	2:00-3:30 Open Swim (6)					*NO OPEN SWIM DUE TO A LACK OF LIFEGUARDS, WILL RESUME IN THE FALL OR WHEN WE HIRE MORE LIFEGUARDS	2:00-6:00 Open Swim (5) Lap Swim (1)
3:45	3:45-5:30 Swim Team (6)	3:45-5:30 Swim Team (6)	3:45-5:30 Swim Team (6)	3:45-6:30 Swim Team (6)	3:45-8:45 Lap Swim (6)		
5:30	5:30-6:00 Lap Swim(6)	5:30-6:30 Lap Swim (6)	5:30-6:00 Lap Swim(6)				
6:00	6:00-6:30 Lap Swim (3) Lessons (3)	6:30-7:30 Hydro Fit (4) Lap Swim (2)	6:00-6:30 Lap Swim (3) Lessons (3)	6:30-7:30 Hydro Fit (4) Lap Swim (2)	3:45-8:45 Lap Swim (6)	6:00-6:45 Lap Swim (6)  Close @ 6:45	6:00-6:45 Lap Swim (6)  Close @ 6:45
6:30	6:30-8:00 Open Swim (3) Lessons (3)		6:30-8:00 Open Swim (3) Lessons (3)				
8:00		7:30-8:45 Lap Swim (6) Close @ 8:45		8:00-8:45 Lap Swim (6) Close @ 8:45			
	8:00-8:45 Lap Swim (6) Close @ 8:45						

PLANNED SCHEDULE CHANGES ON BACK →

## SUMMER PLANNED POOL SCHEDULE CHANGES 2025

\*Water Tai Chi, Adult Swim Workout will return in September.

\*Fall swimming lessons sign ups

Members only: Tuesday, August 19<sup>th</sup> at 0900

Non-members: Thursday, August 21<sup>st</sup> at 0900

\*Annual Pool Closure for cleaning August 23rd- Sept 1st

**Shower Policy will be enforced. PLEASE take a Cleansing Shower before entering pool or spa.**

**\*NO CELL PHONE USE IN HOT TUB**

### Pool Programming Descriptions:

**Lap swim:** Available for swimmers 14 yrs. and older. Private swimming lessons may occur during lap swim times. Please share lanes and circle swim up to 6 swimmers per lane is common pool etiquette.

**Open Swim:** Family and children swim time with lifeguard on duty. See pool age guidelines for specifics. This is the only time children 13 and younger can use the pool. Special groups and days with no school per district 5 calendar will have added open swim times, check here for those dates.

**Hydrofit:** Instructor led pool workouts with upbeat music for all fitness levels, ages 14 and up. May adapt workout to match your level easily. No pre-registration required, free to members.

**Private swim lessons:** Instructor lead pre-arranged 1:1 swim lesson. May occur during lap swim time as well.

**Swim Lessons:** Children's group swimming lessons with instructors. Pre-registration required. See website for more information.

**Physical Therapy:** Time designated for outpatient physical therapists to do patient treatments in the water.

**Swim Team:** We support our valley club swim team Glacier Aquatic Club and Flathead high school and Glacier high school swim teams. They hold daily swim team practices and host meets. Thank you for your support of these programs.

**Adult ONLY Mermaid Swim:** 18 and older, last Tuesday of every month 7:30pm-9:00pm Lifeguard on duty. Free for members.

**Download the App for up-to-date class schedule changes & more.**



iPhone



Android