

MULTI- USE POOL

**Schedule Effective
September 15, 2025**

Pool programming descriptions and planned schedule changes on back.

Water Temp: 82 ° / 130,000 gal.		PHONE- 751-4100				(#) = Availability of lanes	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00	5:00-6:00 Lap Swim (6)	5:00-5:30 Lap Swim (6)	5:00-8:00 Lap Swim (6)	5:00-5:30 Lap Swim (6)	5:00-8:00 Lap Swim (6)	Opens @ 7:00	Opens @ 7:00
	6:00-7:30 Swim Team (2) Lap Swim (4)	5:30-6:30 Adult Swim Workout (5) Lap Swim (1)		5:30-6:30 Adult Swim Workout (5) Lap Swim (1)			
	7:30-8:00 Lap Swim (6)	6:30-8:00 Lap Swim (6)		6:30-8:00 Lap Swim (6)			
8:00	8:00-9:00 Hydro Fit (5) Lap Swim (1)	8:00-9:00 Hydro Fit (5) Lap Swim (1)	8:00-9:00 Hydro Fit (5) Lap Swim (1)	8:00-9:00 Hydro Fit (5) Lap Swim (1)	8:00-9:00 Hydro Fit (5) Lap Swim (1)	7:00-8:15 Adult Swim Workout (6)	7:00-2:00 Priv. Lessons (2) Lap Swim (4)
9:00	9:00-10:00 Water Tai Chi(3) Lap Swim (3)	9:00-12:00 Physical Ther. (1) Private lessons(1) Lap Swim (4)	9:00-11:00 Physical Ther. (1) Private lessons(1) Lap Swim (4)	9:00-10:00 Water Tai Chi(3) Lap Swim (3)	9:00-9:30 Physical Ther. (1) Private lessons(1) Lap Swim (4)	8:15-9:30 Lap Swim (6)	
	10:00-11:00 Physical Ther. (1) Private lessons(1) Lap Swim (4)			10:00-12:00 Physical Ther. (1) Private lessons(1) Lap Swim (4)	9:30-10:00 Parent Tot Lessons(3) Lap Swim (3)	9:30-12:00 Group Lessons(3) Lap Swim (3)	
11:00	11:00-12:00 Hydro Fit(5) Lap Swim (1)		11:00-12:00 Hydro Fit (5) Lap Swim (1)	10:00-11:00 Physical Ther. (1) Private lessons(1) Lap Swim (4)	11:00-12:00 Hydro Fit (5) Lap Swim (1)	12:30-2:00 Priv. Lessons (2) Lap Swim (4)	
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	1:00-4:00 Physical Ther. (1) Private lessons(1) Lap Swim (4)	1:00-4:00 Physical Ther. (1) Private lessons(1) Lap Swim (4)	1:00-2:30 Physical Ther. (1) Lap Swim (5)	1:00-4:00 Physical Ther. (1) Private lessons(1) Lap Swim (4)	1:00-4:00 Physical Ther. (1) Private lessons(1) Lap Swim (4)	2:00-6:00 Open Swim (5) Lap Swim (1)	2:00-6:00 Open Swim (5) Lap Swim (1)
			2:30-4 Early Out Open Swim (5) Lap Swim (1)				
4:00	4:00-5:00 Swim Team (6)	4:00-5:30 Swim Team (6)	4-5:00 Swim Team (6)	4:00-5:30 Swim Team (6)	4:00-5:00 Swim Team (5) Lap Swim (1)		
5:00	5:00-6:00 Swim Team (3) Lap Swim (2) Private lessons (1)	5:30-6:30 Hydro Fit(4) Lap Swim (2)	5:00-6:00 Swim Team (3) Lap Swim (2) Private lessons (1)	5:30-6:30 Hydro Fit(4) Lap Swim (2)			
6:00	6:00-6:30 Swim Team (3) Lessons (3)		6:00-6:30 Swim Team (3) Lessons (3)		5:00-6:30 Swim Team (4) Lap Swim (2)		
6:30	6:30-8:00 Lessons (4) Lap Swim (2)	6:30-8:00 Open Swim (5) Lap Swim (1)	6:30-8:00 Lessons (4) Lap Swim (2)	6:30-8:00 Open Swim (5) Lap Swim (1)	6:30-8:00 Open Swim (5) Lap Swim (1)	6:00-8:45 Lap Swim (6)	6:00-6:45 Lap Swim (6)
8:00	8:00-9:45 Lap Swim (6) Close @ 9:45	8:00-9:45 Lap Swim (6) Close @ 9:45	8:00-9:45 Lap Swim (6) Close @ 9:45	8:00-9:45 Lap Swim (6) Close @ 9:45	8:00-9:45 FVCC Log Roll (3) Start 9/26 Lap Swim (3) Close @ 9:45	Close @ 8:45	Close @ 6:45

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.

Water Tai Chi: Instructor lead tai chi work out in the water. All levels are welcome. No pre-registration required, free to members.

Swim Lessons: Children's group swimming lessons with instructors. Pre-registration required. See website for more information. NO OPEN SWIM OR HOT TUB USE FOR SWIMMING LESSONS CHILDREN.

Private Swim Lessons: Previously scheduled through aquatic supervisor, can occur during any lap time.

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

Adult Swim Workout: Coach on deck, "masters like" guided lap workout. No pre-registration required, free to members. Non-members pay day fee.

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.

Neon Nights: Starts on October 24th (Spooky Swim) when its dark in the evenings. Fun family open swim with some glowy neon lights and music. Free for members.

Adult Mermaid Open Swim: The last Saturday of every month, 6:30-8:00pm. Must be 18 years or older to participate. Free for members.

Planned Pool Schedule Changes:

- **Pool Closure during Swim Clinic September 20-21, 9:00am -3:30pm. No Open swim this weekend. Lap Swim 3:30 – Close, Adult Swim Workout is running Saturday morning.**
- **October 16th and October 17th; "No school" open swim 2:00-3:30pm**
- **CANCELLED OPEN SWIM FRIDAY OCTOBER 31st.**
- **Wens Nov 26th and Friday Nov 28th ; "No school" open swim 2:00pm-3:30pm**
- **High school swim team practices start Nov 17th 8:00pm-9:45pm**
- **Winter Swimming lessons registration Tuesday Dec 9th MEMBERS ONLY 0900, Thursday Dec 11th Non-members 0900**
- **December 13th & 14th swim meets**
- **January 24th & 25th swim meets**

Shower Policy will be enforced.

PLEASE take a Cleansing Shower

before entering pool or spa. Thank you.

**** NO CELL PHONES ALLOWED IN HOT TUB ****