

Pool Schedule: Feb 2 - 8, 2026

AM

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	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10
M		Swim Team		Private Lessons		Private Lessons							GAC	Lap				
O		Lap Swim	Hydro Fit	Lap Swim	Water Tai Chi	PT	Hydro Fit	Lap Swim					Swim Team	Lap Swim	Group Lessons	H.S. Swim Team		
N													Team	Privates				
T	Adult	Swim	Workout	Lap Swim	Hydro Fit	Private Lessons		Lap Swim					GAC	Lap Swim		H.S. Swim Team		
U													Swim Team	Privates	Hydro Fit	Open Swim		
E																		
W		Lap Swim	Hydro Fit	Lap Swim	Hydro Fit	Private Lessons		Lap Swim					GAC	Lap		H.S. Swim Team		
E													Swim Team	Lap Swim	Group Lessons			
D													Team	Privates				
T	Adult	Swim	Workout	Lap Swim	Hydro Fit	Private Lessons		Lap Swim					GAC	Lap Swim		H.S. Swim Team		
H													Swim Team	Privates	Hydro Fit	Open Swim		
U																		
F		Lap Swim	Hydro Fit	Physical Therapy	Hydro Fit	Private Lessons							GAC	Lap Swim		FVCC Birling		
R													Swim Team	H.S. Swim Team	Open Swim			
I													Team	Private Lessons				
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Pool Schedule: February 9 - 15, 2026

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M		Swim Team		Private Lessons		Private Lessons							GAC	Lap					
O	Lap Swim		Hydro Fit	Lap Swim	Water Tai Chi	PT	Hydro Fit		Lap Swim		Physical Therapy		Swim Team	Lap Swim	Group Lessons	H.S. Swim Team			
N													Team	Privates					
T	Adult	Swim	Workout		Private Lessons		Private Lessons						GAC	Lap Swim			H.S. Swim Team		
U				Hydro Fit	Lap Swim		Lap Swim						Swim Team	Privates	Hydro Fit	Open Swim			
E					Physical Therapy		Physical Therapy												
W	Lap Swim		Hydro Fit	Lap Swim	Hydro Fit		Hydro Fit		Lap Swim		Open		GAC	Lap			H.S. Swim Team		
E					Physical Therapy						Swim		Swim Team	Lap Swim	Group Lessons				
D													Team	Privates					
T	Adult	Swim	Workout		Private Lessons				Lap Swim				GAC	Lap					
H				Hydro Fit	Lap Swim	Water Tai Chi	Physical Therapy		Lap Swim				Swim Team	Privates	Hydro Fit	Open	Lap Swim		
U					Physical Therapy											Swim			
F	Lap Swim		Hydro Fit		Private Lessons	*		Hydro Fit	Lap Swim		Physical Therapy		GAC	Lap		FVCC			
R					Physical Therapy						Group Lessons		Swim Team	Swim	Open	Birling			
I													Team	Private Lessons					
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S		Adult	Swim	Workout		Lap Swim			Lap Swim		Open			Lap					
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*Parent-Tot Lessons

** School Group Lessons

Pool Schedule: February 16 - 22, 2026

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M	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10
M O N		Swim Team		Private Lessons					Private Lessons				GAC Swim Team	Lap Swim	Lap Swim	Group Lessons		
T U E		Lap Swim	Hydro Fit	Lap Swim	Water Tai Chi	PT	Hydro Fit		Lap Swim	PT	Open Swim		GAC Swim Team	Lap Swim	Lap Swim	Open Swim	Lap Swim	
W E D		Lap Swim	Hydro Fit	Lap Swim	Physical Therapy		Hydro Fit		Lap Swim	PT	Open Swim		GAC Swim Team	Lap Swim	Lap Swim	Group Lessons	Lap Swim	
T H U		Adult Swim Workout	Lap Swim	Hydro Fit	Lap Swim	Water Tai Chi	Physical Therapy	Hydro Fit	Lap Swim	PT	Open Swim	**	GAC Swim Team	Lap Swim	Lap Swim	Open Swim	Lap Swim	
F R I	5	6	7	8	9	10	11	12	1	2	3	4	GAC Swim Team	Lap Swim	Lap Swim	Open Swim	FVCC Birling	Lap Swim
S A T		Adult Swim Workout		Lap Swim	Group Lessons			Lap Swim		Group Lessons		GAC Swim Team	Lap Swim	Lap Swim	Open Swim	Lap Swim		
S U N				Lap Swim		Private Swim Lessons		Lap Swim		Open Swim							updated: 2026-01-30	

***Parent-Tot Lessons**

**** School Group Lessons**

Pool Schedule: February 23 - Mar 1, 2026

AM

PM

Monday: 5:00-6:00: Lap Swim; 6:00-7:00: Swim Team; 7:00-8:00: Hydro Fit; 8:00-9:00: Private Lessons; 9:00-10:00: Water Tai Chi; 10:00-11:00: PT; 11:00-12:00: Hydro Fit; 12:00-1:00: Lap Swim; 1:00-2:00: Private Lessons; 2:00-3:00: Lap Swim; 3:00-4:00: GAC Swim Team; 4:00-5:00: Lap Swim; 5:00-6:00: Private Lessons; 6:00-7:00: Lap Swim; 7:00-8:00: Group Lessons; 8:00-9:00: Lap Swim.

Tuesday: 5:00-6:00: Adult Swim Workout; 6:00-7:00: Lap Swim; 7:00-8:00: Hydro Fit; 8:00-9:00: Private Lessons; 9:00-10:00: Lap Swim; 10:00-11:00: Physical Therapy; 11:00-12:00: Hydro Fit; 12:00-1:00: Lap Swim; 1:00-2:00: Private Lessons; 2:00-3:00: Lap Swim; 3:00-4:00: GAC Swim Team; 4:00-5:00: Lap Swim; 5:00-6:00: Private Lessons; 6:00-7:00: Lap Swim; 7:00-8:00: Open Swim; 8:00-9:00: Lap Swim.

Wednesday: 5:00-6:00: Lap Swim; 6:00-7:00: Hydro Fit; 7:00-8:00: Private Lessons; 8:00-9:00: Lap Swim; 9:00-10:00: Hydro Fit; 10:00-11:00: Lap Swim; 11:00-12:00: Lap Swim; 12:00-1:00: PT; 1:00-2:00: Lap Swim; 2:00-3:00: Open Swim; 3:00-4:00: GAC Swim Team; 4:00-5:00: Lap Swim; 5:00-6:00: Private Lessons; 6:00-7:00: Lap Swim; 7:00-8:00: Group Lessons; 8:00-9:00: Lap Swim.

Thursday: 5:00-6:00: Adult Swim Workout; 6:00-7:00: Lap Swim; 7:00-8:00: Hydro Fit; 8:00-9:00: Private Lessons; 9:00-10:00: Water Tai Chi; 10:00-11:00: PT; 11:00-12:00: Hydro Fit; 12:00-1:00: Lap Swim; 1:00-2:00: Lap Swim; 2:00-3:00: PT; 3:00-4:00: GAC Swim Team; 4:00-5:00: Lap Swim; 5:00-6:00: Private Lessons; 6:00-7:00: Lap Swim; 7:00-8:00: Open Swim; 8:00-9:00: Lap Swim.

Friday: 5:00-6:00: Lap Swim; 6:00-7:00: Hydro Fit; 7:00-8:00: Private Lessons; 8:00-9:00: Lap Swim; 9:00-10:00: PT; 10:00-11:00: Hydro Fit; 11:00-12:00: Lap Swim; 12:00-1:00: Lap Swim; 1:00-2:00: Group Lessons; 2:00-3:00: Lap Swim; 3:00-4:00: GAC Swim Team; 4:00-5:00: Lap Swim; 5:00-6:00: Private Lessons; 6:00-7:00: Lap Swim; 7:00-8:00: Open Swim; 8:00-9:00: Lap Swim; 9:00-10:00: FVCC Birling.

Saturday: 5:00-6:00: Lap Swim; 6:00-7:00: Adult Swim Workout; 7:00-8:00: Lap Swim; 8:00-9:00: Group Lessons; 9:00-10:00: Lap Swim; 10:00-11:00: Lap Swim; 11:00-12:00: Lap Swim; 12:00-1:00: Lap Swim; 1:00-2:00: Open Swim; 2:00-3:00: Lap Swim; 3:00-4:00: Open Swim; 4:00-5:00: Lap Swim; 5:00-6:00: Lap Swim; 6:00-7:00: Open Swim; 7:00-8:00: Mermaid Open Swim; 8:00-9:00: Lap Swim.

Sunday: 5:00-6:00: Lap Swim; 6:00-7:00: Lap Swim; 7:00-8:00: Lap Swim; 8:00-9:00: Lap Swim; 9:00-10:00: Private Swim Lessons; 10:00-11:00: Lap Swim; 11:00-12:00: Lap Swim; 12:00-1:00: Lap Swim; 1:00-2:00: Open Swim; 2:00-3:00: Lap Swim; 3:00-4:00: Open Swim; 4:00-5:00: Lap Swim; 5:00-6:00: Lap Swim; 6:00-7:00: Lap Swim; 7:00-8:00: Open Swim; 8:00-9:00: Lap Swim; 9:00-10:00: updated: 2026-01-29.

***Parent-Tot Lessons**

**** School Group Lessons**

Pool Programming Descriptions

Adult Swim Workout	Coach on deck "master-like" guided lap workout. No pre-registration required. Free to members.
FVCC Birling Practice	The Logger Sports Team at Flathead Valley Community College uses the pool to practice birling (competitive log-rolling). Only Logger Sports team members are allowed to participate.
Group Lessons	Children's group swimming lessons with instructors. Pre-registration required. See website for information. No open swim or hot tub use for swimming lessons children under 14 years old.
Hydro Fit	Instructor-led pool workouts with upbeat music for all fitness levels. Age 14 and up. May adapt workout to match your level. No pre-registration required. Free to members.
Lap Swim	Available for swimmers 14 years old and older. Please share lanes. Circle swimming with up to 6 swimmers per lane is common etiquette.
Mermaid/ Mer-man Open Swim	Open swim on the last Saturday of each month specifically for those who love swimming with monofins, often while wearing a fabric mermaid tail. Bring your own tail or a tail will be provided. Free and open for members 18+.
Open Swim	Family and children swim time with lifeguards on duty. See pool age guidelines for specifics. This is the only time children 13 and under can use the pool and hot tub other than lessons.
Parent-Tot Lessons	Instructor-led swim lessons for infants and toddlers with a parent. Pre-registration required.
Physical Therapy	Time designated for outpatient physical therapists to do patient treatment in the water.
Private Lessons	Lane reserved for private lessons scheduled with the Aquatics Supervisor. If no lesson is scheduled, the lane can be used for lap swimming.
Swim Team	We support our club swim team, Glacier Aquatic Club, and the swim teams from Flathead and Glacier High Schools. They hold daily practices and host meets. Thank you for your support of these programs.
Water Tai Chi	Instructor-led Tai Chi workout in the water. All levels are welcome. No pre-registration required. Free to members.

Hot tub:

14 and older anytime we are open.
13 and younger only during Open Swim.



For more information contact
Logan Health Fitness Center at
(406) 751-4100 <https://logan.org/aquatics>