

# AQUATICS SCHEDULE



SPRING 2025

## EAST LIBRARY AND RECREATION CENTER

1817 NEW YORK AVE. ARLINGTON 76010

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY			
	LAP	DEEP	LAP	DEEP	LAP	DEEP	LAP	DEEP	LAP	DEEP	LAP	DEEP	LAP	DEEP		
6:00 AM	LAP SWIM				LAP SWIM				LAP SWIM		CLOSED		CLOSED			
7:30 AM	6AM-8AM		LAP SWIM		6AM-8AM				6AM-8AM							
8:00 AM	H2O ON THE GO!		LAP SWIM		H2O on the GO!				H2O on the GO!		LAP SWIM		CLOSED			
8:30 AM	8AM-9AM		6AM-9AM		8AM-9AM				8AM-9AM							
9:00 AM	STRETCH		GENTLE JOINTS		STRETCH				STRETCH							
9:30 AM	9AM-10AM		9AM-10AM		9AM-10AM				9AM-10AM							
10:00 AM	INDEPENDENT SWIM THERAPY										SWIM LESSONS		CLOSED			
11:30 AM	10AM-12PM															
12:00 PM	LUNCH CRUNCH		AQUA ZUMBA		LUNCH CRUNCH				LUNCH CRUNCH		9AM-12PM					
12:30 PM	12PM-1PM		12PM-1PM		12PM-1PM				12PM-1PM							
1:00 PM					AQUA YOGA						OPEN SWIM		OPEN SWIM			
1:30 PM	LAP SWIM		LAP SWIM		1PM-2PM			LAP SWIM		1PM-4PM						
2:00 PM	1PM-4PM		1PM-4PM		LAP SWIM				1PM-4PM							
3:00 PM					2PM-4PM											
4:00 PM	CLOSED										OPEN SWIM		OPEN SWIM			
5:00 PM	SWIM LESSONS															
6:30 PM	5PM-7PM										5PM-6:45PM					
7:00 PM		DEEP AQUA FIT				DEEP AQUA FIT			PRIVATE RENTALS		PRIVATE RENTALS		PRIVATE RENTALS			
8:00 PM	LAP SWIM	7PM-8PM	LAP SWIM		LAP SWIM	7PM-8PM	LAP SWIM		7PM-9PM		6:30PM-8:30PM		6:30PM-8:30PM			
8:30 PM	7PM-8:45PM		7PM-8:45PM		7PM-8:45PM		7PM-8:45PM									
9:00 PM																

## AI SD NATAORIUM

1001 E. DIVISION ST. ARLINGTON 76011

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3:00 PM				
4:00 PM				
5:00 PM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
6:00 PM	3PM-8:45PM	3PM-8:45PM	3PM-8:45PM	3PM-8:45PM
7:00 PM				
8:00 PM				
8:45 PM				
FACILITY CLOSED ON AISD HOLIDAYS.				

	WATER FITNESS CLASSES INCLUDED IN GOLD MEMBERSHIP.
	ALL OPEN SWIM GUEST MUST HAVE A MEMBERSHIP OR PURCHASE A GUEST PASS.
	GUEST UNDER THE AGE OF 14 MUST HAVE AN ADULT WITH THEM AT ALL TIMES.
	GUEST UNDER THE AGE OF 6 NEED TO HAVE A PERSON IN THE WATER WITH THEM.
	PROPER SWIM ATTIRE IS REQUIRED.
	NO FOOD OR DRINK ALLOWED ON POOL DECK.