



**Airway Heights**  
Parks & Recreation

# AIRWAY HEIGHTS RECREATION CENTER

## FALL/WINTER 2025 AQUATICS SCHEDULE (SEP-DEC)

	MON / WED	TUE / THU	FRIDAY	SATURDAY	SUNDAY
<b>LAP POOL</b>	<b>LAP SWIM:</b> At least 2 Lanes will be open for lap swimming at all times.				
	<u><b>LAP SWIM</b></u> 6:00AM-8:30PM  <u><b>WATER EXERCISE</b></u> <b>Deep Water (Lanes 5&amp;6)</b> 6:15AM-7:15AM <b>Water X Combo (Wed Only)</b> 1:00-1:30PM  <u><b>OPEN SWIM (Lanes 5&amp;6)</b></u> 12:00-4:00PM 7:30-8:30PM  <u><b>SWIM LESSONS (Lanes 5&amp;6)</b></u> 4:00-7:30PM	<u><b>LAP SWIM</b></u> 6:00AM-8:30PM  <u><b>WATER EXERCISE</b></u> <b>Deep Water (Lanes 5&amp;6)</b> 6:15-7:15AM  <u><b>OPEN SWIM (Lanes 5&amp;6)</b></u> 12:00-8:30PM  <u><b>SWIM LESSONS (Lanes 1&amp;2)</b></u> 4:00-7:00PM	<u><b>LAP SWIM</b></u> 6:00AM-8:30PM  <u><b>WATER EXERCISE</b></u> <b>Deep Water (Lanes 5&amp;6)</b> 6:15AM-7:15AM  <u><b>OPEN SWIM (Lanes 4-6)</b></u> 12:00-8:30PM	<u><b>LAP SWIM</b></u> 9:00AM-6:30PM  <u><b>OPEN SWIM (Lanes 5&amp;6)</b></u> 11:00AM-6:30PM  <u><b>SWIM LESSONS (Lanes 5&amp;6)</b></u> 9:00AM-12:00PM  *Areas of the Lap Pool may be reduced or closed during Swim Lesson times.	<u><b>LAP SWIM</b></u> 9:00AM-6:30PM  <u><b>OPEN SWIM (Lanes 5&amp;6)</b></u> 12:00-6:30PM
<b>REC POOL</b>  Warm Water Therapy (WWT) & Lazy River (LR)  * Shallow Water may be moved to Lap Pool during M-Th Swim Lesson times.	<u><b>LEISURE SWIM</b></u> 6:00 - 9:00AM  <u><b>WATER EXERCISE</b></u> <b>Rivercise (LR) Mon only</b> 9:00 - 9:30AM <b>Shallow Water (WWT)*</b> 10:00 - 11:00AM 1:00-1:30PM (Wed Only)  <u><b>OPEN SWIM</b></u> 12:00 - 8:30PM  <u><b>SWIM LESSONS (WWT)</b></u> 4:00-7:00PM	<u><b>LEISURE SWIM</b></u> 6:00 - 9:00AM  <u><b>WATER EXERCISE</b></u> <b>Shallow Water (WWT)</b> 8:30 - 9:00AM  <u><b>OPEN SWIM</b></u> 12:00 - 8:30PM  <u><b>SWIM LESSONS (WWT)</b></u> 4:00-7:00PM	<u><b>LEISURE SWIM</b></u> 6:00AM - 12:00PM  <u><b>WATER EXERCISE</b></u> <b>Rivercise (LR)</b> 9:00AM - 9:30AM <b>Shallow Water (WWT)</b> 10:00AM - 11:00AM  <u><b>OPEN SWIM</b></u> 12:00PM - 8:30PM	<u><b>OPEN SWIM</b></u> 9:00AM - 6:30PM  <u><b>SWIM LESSONS (WWT)</b></u> 9:00AM - 11:00AM  *Areas of the Rec Pool may be reduced or closed during Swim Lesson times.	<u><b>LEISURE SWIM</b></u> 9:00 - 11:00AM  <u><b>WATER EXERCISE</b></u> <b>Shallow Water (WWT)</b> 9:30 - 10:00AM <b>Rivercise (LR)</b> 10:00 - 11:00AM  <u><b>OPEN SWIM</b></u> 11:30AM - 6:30PM
<b>Spray N' Play</b> Includes Lazy River features.	12:00 - 3:00PM 6:30 - 8:00PM	12:00 - 3:00PM 6:30 - 8:00PM	12:00 - 3:00PM 4:30 - 8:30PM	12:00 - 3:00PM 3:00 - 6:00PM	11:30AM - 2:30PM 3:00 - 6:00PM
<b>SPA &amp; SAUNA</b>	6:00AM - 8:30PM	6:00AM - 8:30PM	6:00AM - 8:30PM	9:00AM - 6:30PM	9:00AM - 6:30PM

**Schedule is subject to changes.** Aquatics Center closes 30 minutes prior to facility closure.

Visit [www.airwayheightsparksandrec.org/aquatics/](http://www.airwayheightsparksandrec.org/aquatics/) for Aquatics program information.