FALL 2026 - EAST AQUATICS SCHEDULE

Number after slash indicates number of lanes available for Lap Swim. If there is no number, there are no lanes available for Lap Swim.

LAP POOL

MONDAY

6 to 8 AM: Lap Swim / 4
8 to 9 AM: Independent Therapy / 1
9 to 10 AM: Stretch, Independent Therapy / 1
10 to 11 AM: Aerobics, Independent Therapy / 1
11 AM to 12 PM: Independent Therapy / 1
12 to 1 PM: H20 Fitness / 1
1 to 4 PM: Lap Swim / 4
4 to 5 PM: Closed for Cleaning
5to 7 PM: Closed for Lessons
7 to 7:45 PM: Lap Swim / 2

TUESDAY

6 to 9 AM: Lap Swim / 4
9 to 10 AM: Gentle Joints / 1
10 AM to 12 PM: Independent Therapy / 1
12 to 1 PM: Aqua Zumba / 1
1 to 4 PM: Lap Swim / 4
4 to 5 PM: Closed for Cleaning
5 to 7 PM: Closed for Lessons
7 to 7:45 PM: Lap Swim / 4

WEDNESDAY

6 to 8 AM: Lap Swim / 4
8 to 9 AM: Independent Therapy / 1
9 to 10 AM: Stretch, Independent Therapy / 1
10 to 11 AM: Aerobics, Independent Therapy / 1
11 AM to 12 PM: Independent Therapy / 1
12 to 1 PM: H20 Fitness / 1
1 to 4 PM: Lap Swim / 4
4 to 5 PM: Closed for Cleaning
5 to 7 PM: Closed for Lessons
7 to 7:45 PM: Lap Swim / 2

THURSDAY

6 to 9 AM: Lap Swim / 4
9 to 10 AM: Gentle Joints / 1
10 AM to 12 PM: Independent Therapy / 1
12 to 1 PM: Aqua Zumba / 1
1 to 4 PM: Lap Swim / 4
4 to 5 PM: Closed for Cleaning
5 to 7 PM: Closed for Lessons
7 to 7:45 PM: Lap Swim / 4

FRIDAY

6 to 9 AM: Lap Swim / 4
9 to 10 AM: Independent Therapy / 1
10 to 11 AM: Aerobics, Independent Therapy /1
11 AM to 12 PM: Independent Therapy / 1
12 to 1 PM: H20 Fitness / 1
1 to 4 PM: Lap Swim / 4
4 to 5 PM: Closed for Cleaning
5 to 6:45 PM: Open Swim
7 to 9 PM: Private Rentals

SATURDAY

8 to 9 AM: Lap Swim
9 AM to 12 PM: Closed for Lessons
12 to 1:30 PM: Closed for Cleaning
1:30 to 4:45 PM: Open Swim
6:30 to 8:30 PM: Private Rental

SUNDAY

12 to 1:30 PM: Closed for Cleaning
1:30 to 4:45 PM: Open Swim
6:30 to 8:30 PM: Private Rental

EAST LIBRARY & RECREATION CENTER
Address: 1817 New York Ave.
Phone: 817-275-1351

POOL & FACILITY HOURS:
Monday through Friday: 6 AM to 9 PM
Saturday: 8 AM to 6 PM
Sunday: 12 to 5 PM

ARLINGTON℠
PARKS, RECREATION & CULTURE

FALL 2026 - EAST AQUATICS SCHEDULE

DEEP POOL

MONDAY

6 to 10 PM: Fitness Swim

10 AM to 12 PM: Independent Therapy

12 to 4 PM: Fitness Swim

4 to 5 PM: Closed for Cleaning

5 to 7 PM: Closed for Lessons

7 to 7:45 PM: Fitness Swim

TUESDAY

6 to 8 AM: Fitness Swim

8 to 9 AM: Deep Aqua Fit

9 to 10 AM: Fitness Swim

10 AM to 12 PM: Independent Therapy

12 to 4 PM: Fitness Swim

4 to 5 PM: Closed for Cleaning

5 to 7 PM: Closed for Lessons

7 to 7:45 PM: Fitness Swim

WEDNESDAY

6 to 10 AM: Fitness Swim

10 AM to 12 PM: Independent Therapy

12 to 4 PM: Fitness Swim

4 to 5 PM: Closed for Cleaning

5 to 7 PM: Closed for Lessons

7 to 7:45 PM: Fitness Swim

THURSDAY

6 to 8 AM: Fitness Swim

8 to 9 AM: Deep Aqua Fit

9 to 10 AM: Fitness Swim

10 AM to 12 PM: Independent Therapy

12 to 4 PM: Fitness Swim

4 to 5 PM: Closed for Cleaning

5 to 7 PM: Closed for Lessons

7 to 7:45 PM: Fitness Swim

FRIDAY

6 to 10 AM: Fitness Swim

10 AM to 12 PM: Independent Therapy

12 to 4 PM: Fitness Swim

4 to 5 PM: Closed for Cleaning

5 to 7 PM: Closed for Lessons

7 to 7:45 PM: Fitness Swim

SATURDAY

8 to 9 AM: Lap Swim

9 AM to 12 PM: Closed for Swim Lessons

1 to 1:30 PM: Closed for Cleaning

1:30 to 4:45 PM: Fitness Swim

6:30 to 8:30 PM: Private Rental

SUNDAY

1:30 to 4:45 PM: Fitness Swim

6:30 to 8:30 PM: Private Rental

Water fitness classes included in Gold Membership.

All open swim guests must have a membership or purchase a guest pass.

Guest under the age of 14 must have an adult with them at all times.

Guests 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.

Lap swim times are limited to swimmers 14 years or older, children under 14 are not permitted during lap swim times.