

AQUATICS SCHEDULE



SUMMER 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 6AM-9AM | | LAP SWIM 6AM-8AM | | LAP SWIM 6AM-9AM | | LAP SWIM 6AM-8AM | | CLOSED | | CLOSED | |
| 7:30 AM | 6AM-8AM | | | | | | | | | | | | | |
| 8:00 AM | H2O ON THE GO! | | | DEEP AQUA FIT | H2O on the GO! | | | DEEP AQUA FIT | H2O on the GO! | | | | | |
| 8:30 AM | 8AM-9AM | | 8AM-9AM | 8AM-9AM | 8AM-9AM | | 8AM-9AM | | | | | | | |
| 9:00 AM | STRETCH | | GENTLE JOINTS | | STRETCH | | GENTLE JOINTS | STRETCH | | | | | | |
| 9:30 AM | 9AM-10AM | | 9AM-10AM | | 9AM-10AM | | 9AM-10AM | | 9AM-10AM | | SWIM LESSONS 9AM-12PM | | | |
| 10:00 AM | INDEPENDENT SWIM THERAPY | | | | | | | | | | | | | |
| 11:30 AM | 10AM-12PM | | | | | | | | | | | | | |
| 12:00 PM | LUNCH CRUNCH | | AQUA ZUMBA | | LUNCH CRUNCH | | AQUA ZUMBA | | LUNCH CRUNCH | | | | | |
| 12:30 PM | 12PM-1PM | | 12PM-1PM | | 12PM-1PM | | 12PM-1PM | | 12PM-1PM | | OPEN SWIM 1:30PM-5:45PM | | OPEN SWIM 1:30PM-5:45PM | |
| 1:00 PM | LAP SWIM 1PM-4PM | | LAP SWIM | | LAP SWIM | | LAP SWIM | | LAP SWIM | | | | | |
| 1:30 PM | | CAMP SWIM | 1:30PM-4PM | LAP SWIM 2PM-4PM | CAMP SWIM | 1:30PM-4PM | LAP SWIM 1PM-4PM | | | | | | | |
| 2:00 PM | | | | | | | | | | | | | | |
| 3:00 PM | | | | | | | | | | | PRIVATE RENTALS 6:30PM-8:30PM | | PRIVATE RENTALS 6:30PM-8:30PM | |
| 4:00 PM | CLOSED | | | | | | | | | | | | | |
| 5:00 PM | SWIM LESSONS | | | | | | | | OPEN SWIM | | | | | |
| 6:30 PM | 5PM-7PM | | | | | | | | 5PM-6:45PM | | | | | |
| 7:00 PM | | DEEP AQUA FIT | LAP SWIM 7PM-8:45PM | | LAP SWIM 7PM-8:45PM | DEEP AQUA FIT | LAP SWIM 7PM-8:45PM | | PRIVATE RENTALS 7PM-9PM | | PRIVATE RENTALS 6:30PM-8:30PM | | PRIVATE RENTALS 6:30PM-8:30PM | |
| 8:00 PM | LAP SWIM | 7PM-8PM | | | | 7PM-8PM | | | | | | | | |
| 8:30 PM | 7PM-8:45PM | | | | | | | | | | | | | |
| 9:00 PM | | | | | | | | | | | | | | |

AISS NATATORIUM

1001 E. DIVISION ST. ARLINGTON 76011

CLOSED FOR SUMMER



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.