



Flagstaff Aquaplex

FALL SWIMMING POOL HOURS

August 7-December 17, 2016

OPEN HOT TUB

open-close daily. Age restrictions apply.

Thursday's Hot Tub CLOSED from 9:30am-10:30am for routine maintenance

RECREATION SWIM

Monday/ Wednesday: 1pm-8:45pm (lap pool closed 5-7:45pm for swim lessons & Aqua Zumba)

Tuesday/ Thursday: 1-4:50pm & 7-8:45pm

Friday: 1pm-8:45pm

Saturday: 12pm-8:45pm (lap pool closed 12-1 for water aerobics)

Sunday: 12pm-5:45pm (lap pool closed 12-1 for water aerobics)

LAP SWIM (12 years old & up)

2 lanes available unless otherwise noted. 1 lane for Aerobics users.

Monday/Wednesday/Friday: 6am-1pm (1 lane from 12-1pm)

Tuesday/Thursday: 6am-1 pm (1 lane from 12pm-1 pm), 5pm-7pm (1 lane)

Saturday: 6am-12pm

Sunday: 10am-12pm

OPEN WATER WALKING (12 years old & up)

Monday-Friday: 6am-1pm

Tuesday/Thursday: 5pm-7pm (lazy river only)

Saturday: 6am-12pm

Sunday: 10am-12pm

WATER AEROBICS CLASS (12 years old & up)

Monday/Wednesday/Friday: 9am-10am (splash pool), 12pm-1pm (2 lanes-lap pool)

Tuesday/Thursday: 12pm-1pm (2 lanes- lap pool), & 5:30-6:30 pm (lazy river & splash pool/lap pool)

Saturday/ Sunday: 12-1pm (lap pool)

AQUA ZUMBA (12 years old & up) (ONLY until end of September-will return in January 2017)

Monday/ Wednesday: 6:45pm -7:45pm (2 lane- lap pool)

AQUA YOGA (12 years old & up)

Tuesdays & Wednesdays: 8am-9am (splash pool)

PARENT TOT PLAYTIME (6 years old and under)

Monday-Friday: 9am-1pm

Tuesday/Thursday: 5pm-7pm (zero depth-activity area only)

Saturday: 8:30am-12pm

Sunday: 10am-12pm

SWIM LESSONS

Monday/Wednesday: 9am-12pm, 5pm-7pm

Tuesday/Thursday: 9am-12pm, 5pm-7pm

Saturday: 8:30am-12pm

Sunday: 10:30 am-12 pm

Parent Tot Playtime

- For children 6 year old and younger ONLY
- An adult/ chaperone 14 years old or older MUST be in the water within arms reach of children at ALL times.
- Activity and cove area only. **No lap pool or lazy river during this time.**

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OPEN HOT TUB
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MONDAY / WEDNESDAY

Recreation Swim:

1pm-8:45pm

(Lap Pool closed from 5-7:45 pm)

Lap Swim:

6am-1pm (1 lane from 12-1pm)

(12 years old & up)

Open Water Walking:

6am-1pm

(12 year old & up)

Water Aerobics Class:

9am-10am (splash pool),

12pm-1pm (lap pool)

(12 years old & up)

Aqua Yoga Class

(Wednesdays ONLY)

8am-9am (splash pool)

(12 years old & up)

Aqua Zumba Class:

6:45pm-7:45pm (lap pool)

(12 years old & up)

Parent Tot Play Time:

9am-1pm

(6 years old and under)

Swimming Lessons

9am-12pm, 5pm-7pm

TUESDAY / THURSDAY

Recreation Swim:

1pm-4:50pm, 7pm-8:45pm

Lap Swim:

6am-1pm

(1 lane from 12-1pm),

5pm-7pm (1 lane)

(12 years old & up)

Open Water Walking:

6am-1pm, 5pm-7pm

(12 years old & up)

Water Aerobics Class:

12pm-1pm (lap pool),

5:30pm-6:30pm

(lazy river/splash pool/lap pool)

(12 years old & up)

Aqua Yoga Class

(Tuesdays ONLY)

8am-9am (splash pool)

(12 years old & up)

Parent Tot Play Time:

9am-1pm, 5pm-7pm (activity area only)

(6 years old and under)

Swimming Lessons:

9am-12pm, 5pm-7pm

FRIDAY

Recreation Swim:

1pm-8:45pm

Lap Swim:

6am-1pm

(1 lane from 12-1 pm),

(12 years old & up)

Open Water

Walking:

6am-1pm

(12 years old & up)

Water Aerobics Class:

9am-10am (splash pool),

12pm-1pm (lap pool)

(12 years old & up)

Parent Tot

Play Time:

9am-1pm

(6 years old and under)

SATURDAY

Recreation Swim:

12pm-8:45pm

(Lap Pool closed from 12-1 pm)

Lap Swim:

6am-12pm

(12 years old & up)

Open Water

Walking:

6am-12pm

(12 years old & up)

Water Aerobics Class:

12pm-1pm (lap pool)

Parent/Tot

Play Time:

8:30am-12pm

(6 years old and under)

Swimming Lessons:

8:30am-12pm

SUNDAY

Recreation Swim:

12pm-5:45pm

(Lap Pool closed from 12-1 pm)

Lap Swim:

10am-12pm

(12 years old & up)

Open Water

Walking:

10am-12pm

(12 years old & up)

Water Aerobics Class:

12pm-1pm (lap pool)

Parent Tot

Playtime:

10am-12pm

(6 years old and under)

Swimming Lessons:

10:30am-12pm