

August 24th through 28th 2026

Fitness Classes & Fitness Swim At Water Works Family Aquatic Center

SEE OTHER SIDE FOR MORE INFORMATION

Monday Natatorium Fitness Swim Hours ONLY 7am-2pm 4pm-6pm AUGUST 24TH	Tuesday Natatorium Fitness Swim Hours ONLY 7am-2pm 4pm-6pm AUGUST 25TH	Wednesday Natatorium Fitness Swim Hours ONLY 7am-2pm 4pm-6pm AUGUST 26TH	Thursday Natatorium Fitness Swim Hours ONLY 7am-2pm 4pm-6pm AUGUST 27TH	Friday Natatorium Fitness Swim Hours ONLY 7am-2pm 4pm-6pm AUGUST 28TH
Class Schedule: 8am: Shallow Water Fitness with Sue Location: Lap Pool 9am: Deep Water Fitness with Sue Location: Lap Pool	Class Schedule: 8am: Shallow Water Fitness with Alice Location: Lap Pool 9am: Deep Water Fitness with Alice Location: Lap Pool 9am: Water Walking with Barb T Location: Lazy River 8-8:45am: Hydro Pilates with Brenda Location: Lazy River	Class Schedule: 8am: Shallow Water Fitness with Sue Location: Lap Pool 9:15-10am: Aqua Combat with Sarah D Location: Past Spray Features 9am: Walter Walking with Jessica Location: Lazy River	Class Schedule: 8-8:45am: Hydro Pilates with Brenda Location: Lazy River	Class Schedule: 9am: Aqua Zoom with Barb MK Location: Past Spray Features
Fitness Schedule: Lazy River Open: 7a-2p 2p-4p: SAFETY BREAK 4p-6p Lap Lane Swimming Available: 7a-8a 6 lanes 8a-10a 1-2 lanes 10a-2p 6 lanes 2p-4p: SAFETY BREAK 4p-6p: 6 lanes	Fitness Schedule: Lazy River Open: 7a-8a 10a-2p 2p-4p: SAFETY BREAK 4p-6p Lap Lane Swimming Available: 7a-8a: 6 Lanes 8a-10a: 1-2 lanes 10a-2p: 6 lanes 2p-4p: SAFETY BREAK 4p-6p: 6 lanes	Fitness Schedule: Lazy River Open: 7a-9a 10a-2p 2p-4p: SAFETY BREAK 4p-6p Lap Lane Swimming Available: 7a-8a: 6 Lanes 8a-10a: 1-2 lanes 10a-2p: 6 lanes 2p-4p: SAFETY BREAK 4p-6p: 6 lanes	Fitness Schedule: Lazy River Open: 7a-8a 9a-2p 2p-4p: SAFETY BREAK 4p-6p Lap Lane Swimming Available: 7a-8a: 6 Lanes 8a-10a: 1-2 lanes 10a-2p: 6 lanes 2p-4p: SAFETY BREAK 4p-6p: 6 lanes	Fitness Schedule: Lazy River Open: 7a-2p 2p-4p: SAFETY BREAK 4p-6p Lap Lane Swimming Available: 7a-9a: 6 lanes 9a-10a: 1-2 lanes 10a-2p: 6 lanes 2p-4p: SAFETY BREAK 4p-6p: 6 lanes

Important Information:

- Daily Safety Break will be taken Monday through Friday 2:00pm to 4:00pm
- All Natatorium Age Guidelines Apply
 - Children 6 and under must be accompanied by an adult in the water at all times
 - Children 7-11 are NOT permitted in the park during Fitness Swim
 - Children 12-16 must be accompanied by an adult in the park at all times
- During Fitness Swim at Water Works:
 - Slides and water features will be OFFLINE
 - Tubes will NOT be available in the Lazy River
 - Concessions will NOT be available
- Water Works will NOT be accepting cash. Water Works will ONLY be accepting card payments