




# Muskogee Swim and Fitness Center Pool Schedule

Last Updated 12/05/18 KA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 5:30am - 8:50am <small>2 lanes for non-lap swimmers</small>	Lap Swim 5:30am - 8:50am <small>2 lanes for non-lap swimmers</small>	Lap Swim 5:30am - 8:50am <small>2 lanes for non-lap swimmers</small>	Lap Swim 5:30am - 8:50am <small>2 lanes for non-lap swimmers</small>	Lap Swim 5:30am - 8:50am <small>2 lanes for non-lap swimmers</small>	Lap Swim 8:00am - 11:00am <small>2 lanes for non-lap swimmers</small>	*Membership PERK... Member's may bring their spouse, kids and/or grandkids (age 18 or under) for FREE to swim during our OPEN FAMILY SWIM times!
H2O Aerobics 9:00am-10:00am Cindy	Aqua Zumba 9:00am-10:00am Nikya	H2O Aerobics 9:00am-10:00am Cindy	Aqua Zumba 9:00am-10:00am Nikya	H2O Aerobics 9:00am-10:00am Inette		
Lap Swim 10:00am-1:00pm <small>2 lanes for non-lap swimmers</small>	Lap Swim 10:00am-11:50am H2O Aerobics 12:00pm-1:00pm Cindy <small>3 lanes open for lap swimmers</small>	Lap Swim 10:00am-1:00pm <small>2 lanes for non-lap swimmers</small>	Lap Swim 10:00am-11:50am H2O Aerobics 12:00pm-1:00pm Cindy <small>3 lanes open for lap swimmers</small>	Lap Swim 10:00am-1:00pm <small>2 lanes for non-lap swimmers</small>	Open Family Swim 11:00am-1:00pm ~All Ages~	Open Family Swim 1:00pm - 4:30pm ~All Ages~
*If the Swimming Pool is not being used by a private group, special program, maintenance, or cleaned/vacuumed; lap swim will be available from 1:00pm-4:00pm M-F . This is subject to change without notice.						
2:45 to 4:15 Muskogee High School Swim Team Practice time. Team uses lanes 3,4, and 5, other lanes lap swim						
Lap Swim 4:00pm - 5:20pm <small>2 lanes for non-lap swimmers</small>	Lap Swim 4:00pm - 5:40pm	Lap Swim 4:00pm - 5:20pm <small>2 lanes for non-lap swimmers</small>	Lap Swim 4:00pm - 5:40pm	Lap Swim 4:00pm - 5:20pm <small>2 lanes for non-lap swimmers</small>		
H2O Aerobics 5:30pm-6:30pm Cindy	Swim Lessons* 5:45pm-6:45pm <small>* no SL December &amp; January</small>	H2O Aerobics 5:30pm-6:30pm Nikya	Swim Lessons* 5:45pm-6:45pm <small>* no SL December &amp; January</small>	Aqua Zumba 5:30pm-6:30pm Cindy	Private Party Rental Available!  1:15pm - 3:15pm 3:30pm - 5:30pm 	Lap Swim 4:30pm - 5:45pm
Swim Team 6:30pm - 8:15pm <small>6:45-7:30pm 5 lanes for swim team 8:00-8:15pm 2 lanes for lap swim</small>	Mini Sharks 6:00pm - 6:45pm Swim Team 6:30pm - 8:15pm <small>6:45-7:30pm 5 lanes for swim team 8:00-8:15pm 2 lanes for lap swim</small>	Private Party Rental Available 6:30pm-7:45pm  <small>Lap Swim if not reserved</small>	Mini Sharks 6:00pm - 6:45pm Swim Team 6:30pm - 8:15pm <small>6:45-7:30pm 5 lanes for swim team 8:00-8:15pm 2 lanes for lap swim</small>	Private Party Rental Available! 6:45pm - 8:45pm  <small>Lap Swim if not reserved</small>		
PM Lap Swim 7:30pm - 8:45pm 7:30-8:00pm 2 lanes 8:00-8:45pm 6 lanes	PM Lap Swim 8:00pm - 8:45pm 8:00-8:15pm 2 lanes 8:15-8:45pm 6 lanes	PM Lap Swim 7:45pm-8:45pm <small>2 lanes for non-lap swimmers</small>	PM Lap Swim 8:00pm - 8:45pm 8:00-8:15pm 2 lanes 8:15-8:45pm 6 lanes			

Visit [www.muskogee parks.com](http://www.muskogee parks.com) for a detailed list of all aquatic programs or call (918) 684-6304.