LIONS POOL
405 N Wall Street • Farmington, NM 87401
www.fmtn.org/Aquatics • (505) 599-1187
@SwimFarmington

Lions Pool is a therapy pool that boasts an average water temperature of 89° and offers:

• ADA compliant lift
• Water exercise equipment
• 25-yard lap lanes
• Public restrooms, showers, changing area, lockers

LAP SWIM HOURS
Monday - Friday • 7:30 to 8:30AM and 4:00 to 5:30PM
Monday - Saturday • 12:00 to 1:00PM
Senior Laps • Monday - Friday • 9:30 to 10:30AM

HOLIDAY HOURS & CLOSURES
January 1 • CLOSED for New Year’s Day
February 17 • Open 7:00AM to 1:00PM ONLY for President’s Day
April 10 • CLOSED for Good Friday
April 12 • CLOSED for Easter

ADMISSION
$2.50
Showers - $2.00
Lockers - $15.00 for 3 months, $50.00 per year

Punch cards & Passes page 63.

PARTY RENTALS
See page 64-65.

POOL RULES
• Children age five and under must be accompanied in the water by an adult age 15 or older
• Life jackets, water noodles, water wings, and swim suits with flotation devices in them are allowed - except on the slide and diving boards
• Swim suits are required - no “street clothes”
• T-shirts are allowed, except on the slides or diving boards
• Swimmers with long hair must tie it back or braid it
• No food or drink in the pool deck area
• Obey the lifeguards at all times

FITNESS

ADULT AQUATIC EXERCISE
Fee: $2.50
Ages: 15 years and older

<table>
<thead>
<tr>
<th>DESCRIPTION</th>
<th>DAY(S)</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arthritis Exercise</td>
<td>Tu, Th</td>
<td>10:30-11:15AM</td>
</tr>
<tr>
<td>Cross Pool Exercise</td>
<td>M-F</td>
<td>11:15AM-Noon</td>
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<tr>
<td>15 ft. length Splashercise</td>
<td>M, W, F</td>
<td>10:30-11:15AM</td>
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AQUACISE
Fee: $2.50
This is instructor led, low impact, high to moderate intensity workout done in waist to chest deep water. You do not need to know how to swim.

Ages: 15 years and older

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<thead>
<tr>
<th>DAY(S)</th>
<th>DATE(S)</th>
<th>TIME</th>
</tr>
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<tbody>
<tr>
<td>M-F</td>
<td>Ongoing</td>
<td>8:30-9:30AM</td>
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<tr>
<td>M-F</td>
<td>Ongoing</td>
<td>5:30-6:30PM</td>
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