

About

Swimming Lessons

Swim Programs

Adult Programs

Location ▼

Orange Country

Anaheim Hills @ LA

Fitness

Huntington Beach

Irvine

Yorba Linda @ LA

Fitness

San Diego County

Carlsbad

Poway @ LA Fitness

San Francisco

San Francisco-20th Avenue @ City Sports LA Fitness

Club

San Gabriel Valley

Alhambra-Fremont @

Arcadia @ LA Fitness

Diamond Bar @ LA

Fitness

Pasedena

West Covina @ LA

Fitness

Los Angeles Country

Silicon Valley

Culver City @ LA

North San Jose @ City

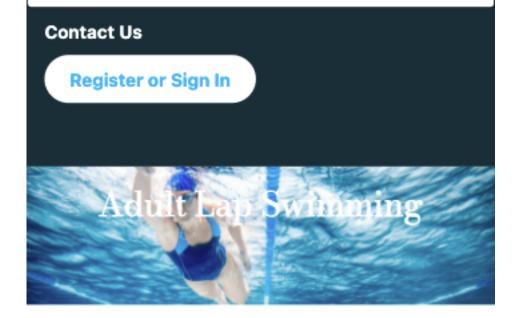
Harbor City @ LA Fitness

San Jose-Almaden @
City Sports Club
San Jose-Bascom
San Jose-Blossom Hill
@ City Sports Club
Sunnyvale @ City
Sports Club

Almeda County

Hayward @ City Sports Club Denver

Highlands Ranch



Get Fit & Stay Fit With Daily Lap Swimming

Adult lap swimming provides a full-body workout that targets the core, arms, back, and legs. It also provides swimmers with access to various training methods including strength training, aerobic training, and low-impact training.

If you are looking to improve your workout routine, be sure to stop by a Splashes Aquatics location to learn more about adult lap swimming. Swimmers will find that there are times throughout the week that will work with your schedule.

Each lane will have up to two lap swimmers. Children under the age of 14 must be accompanied by their parent and able to swim 200 yards of the pool on their own. Lanes are limited during shared pool usage. No private swim instruction or coaching is permitted. No Lifeguard on duty. **NOTE: If you would like to reserve the entire lane for yourself, and not have to share with another swimmer, you may reserve both A and B slots for your selected

Find Lap Swimming Near You

Irvine

Huntington Beach

Carlsbad

Pasadena

San Jose

Denver/Highlands Ranch

Awards We've Won



























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Orange County

(949) 450-0777

San Diego County

(760) 603-9400

Los Angeles County

<u>(626) 836-1200</u>

Northern California

(408) 279-1700

Denver

<u>(720)</u> 344-7700









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