



Aquatics Schedule

Main Pool

June 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM	Closed	Lap Swim All 5 Lanes 5:00 - 7:00				
5:15 AM						
5:30 AM						
5:45 AM						
6:00 AM						
6:15 AM						
6:30 AM						
6:45 AM						
7:00 AM	Cardio Water 7:30 - 8:30 w/Rosalie	Lap Swim All 5 Lanes 5:00 - 8:30			Lap Swim All 5 Lanes 5:00 - 8:30	Cardio Water 7:30 - 8:30 w/Rosalie
7:15 AM						
7:30 AM						
7:45 AM	Aqua-Tone w/Linda ~Overflow~ 8:40 - 9:40			Aqua-Tone w/Linda ~Overflow~ 8:40 - 9:40	Synapse Surf w/Linda 9:00 - 10:00	
8:00 AM						
8:15 AM	OPEN SWIM		Cardio Water w/Fern 10:00 - 11:00		Cardio Water w/Fern 10:00 - 11:00	
8:30 AM						
8:45 AM						
9:00 AM						
9:15 AM						
9:30 AM						
9:45 AM						
10:00 AM						
10:15 AM						
10:30 AM						
10:45 AM						
11:00 AM	Summer Plus Camp Kids 12:30 - 3:30				Summer Plus Camp Kids 12:30 - 3:30	
11:15 AM						
11:30 AM	* N O T I C E *					Closed
11:45 AM						
12:00 PM						
12:15 PM						
12:30 PM						
12:45 PM						
1:00 PM						
1:15 PM						
1:30 PM						
1:45 PM						
2:00 PM	Swim Lessons 3:45 - 4:30	Swim Lessons 3:45 - 4:30	Swim Lessons 3:45 - 4:30	Swim Lessons 3:45 - 4:30		
2:15 PM						
2:30 PM	Swim Lessons 4:45 - 5:30	Swim Lessons 4:45 - 5:30	Swim Lessons 4:45 - 5:30	Swim Lessons 4:45 - 5:30		
2:45 PM						
3:00 PM	Closed					
3:15 PM						
3:30 PM						
3:45 PM						
4:00 PM						
4:15 PM						
4:30 PM						
4:45 PM						
5:00 PM						
5:15 PM						
5:30 PM						
5:45 PM						
6:00 PM	Closed	Lap Swim All 5 Lanes 7:30 - 9:00				
6:15 PM						
6:30 PM						
6:45 PM						
7:00 PM						
7:15 PM						
7:30 PM						
7:45 PM						
8:00 PM	Pool Hours of Operations Sun 9am-5:45 pm Mon-Thurs 5am-9 pm Fri 5am-3:45 pm Sat CLOSED					
8:15 PM						
8:30 PM						
8:45 PM						
8:55 PM						

Please Note:

Cardio Water Class
Strengthen your core and amp up your cardiovascular fitness with this high energy yet *low impact* workout!

Synapse Surf
Join the fun balancing on noodles, playing with balls and exercising your brain synapses as you have a great total body workout.

Lap Swim
Please note: all five lanes are set aside for lap swim. Please see the Lap Swim Etiquette handout for how to share lanes.

JUNE

The LPC welcomes the **SUMMER PLUS Campers!**

Detailed schedules for times and areas are available at our front desk.

Pool Hours of Operations

Sun 9am-5:45 pm
Mon-Thurs 5am-9 pm
Fri 5am-3:45 pm
Sat CLOSED