



# Aquatics Schedule

## Main Pool

# 2018 May

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday				
5:00 AM	Closed	Lap Swim All 5 Lanes 5:00-7:15								
5:15 AM										
5:30 AM										
5:45 AM										
6:00 AM										
6:15 AM										
6:30 AM										
6:45 AM										
7:00 AM	O P E N S W I M	Cardio Water w/Rosalie 7:30-8:30	Lap Swim All 5 Lanes 5:00-8:30		Lap Swim All 5 Lanes 5:00-8:30	Cardio Water w/Rosalie 7:30-8:30				
7:15 AM										
7:30 AM										
7:45 AM										
8:00 AM										
8:15 AM										
8:30 AM										
8:45 AM	Aqua-Zumba w/Velvet ~Overflow~ 8:40-9:40			Aqua-Zumba w/Velvet ~Overflow~ 8:40-9:40	Synapse Surf w/Rita 9:00-10:00					
9:00 AM	<p>Please Note:</p> <p><b>Cardio Water Class</b> Strengthen your core and amp up your cardiovascular fitness with this high energy yet <i>low impact</i> workout!</p> <p><b>Synapse Surf</b> Join the fun balancing on noodles, playing with balls and exercising your brain synapses as you have a great total body workout.</p> <p><b>Lap Swim</b> Please note: all five lanes are set aside for lap swim. Please see the Lap Swim Etiquette handout for how to share lanes.</p>									
9:15 AM										
9:30 AM										
9:45 AM										
10:00 AM							Cardio Water w/Fern 10:00-11:00		Cardio Water w/Fern 10:00-11:00	
10:15 AM										
10:30 AM										
10:45 AM										
11:00 AM										
11:15 AM										
11:30 AM	<p><b>NOTICE</b></p> <p><b>SUMMER PLUS CAMP KIDS</b> Will Be Joining the LPC Beginning in June! <b>Tuesdays, Wednesdays &amp; Thursdays</b> 12:30-3:30pm <b>June, July &amp; August</b> Detailed Calendars are available</p>									
11:45 AM										
12:00 PM										
12:15 PM										
12:30 PM	<p><i>Swim Lessons</i></p> <p><b>Next Sessions:</b> April 30-May 10 May 21-31 June 11-21</p> <p>Sign up at our front desk</p>									
12:45 PM										
1:00 PM										
1:15 PM										
1:30 PM										
1:45 PM										
2:00 PM	Swim Lessons 4:45-6:15				Closed					
2:15 PM	Swim Lessons 4:45-6:15									
2:30 PM	Swim Lessons 4:45-6:15									
2:45 PM	Swim Lessons 4:45-6:15									
3:00 PM	Swim Lessons 4:45-6:15									
3:15 PM	Swim Lessons 4:45-6:15									
3:30 PM	Swim Lessons 4:45-6:15									
3:45 PM	Swim Lessons 4:45-6:15									
4:00 PM	Swim Lessons 4:45-6:15									
4:15 PM	Swim Lessons 4:45-6:15									
4:30 PM	Swim Lessons 4:45-6:15									
4:45 PM	Swim Lessons 4:45-6:15									
5:00 PM	Swim Lessons 4:45-6:15									
5:15 PM	Swim Lessons 4:45-6:15									
5:30 PM	Swim Lessons 4:45-6:15									
5:45 PM	Swim Lessons 4:45-6:15									
6:00 PM	Swim Lessons 4:45-6:15									
6:15 PM	Swim Lessons 4:45-6:15									
6:30 PM	Swim Lessons 4:45-6:15									
6:45 PM	Swim Lessons 4:45-6:15									
7:00 PM	Closed	Lap Swim All 5 Lanes 7:30-9:00								
7:15 PM										
7:30 PM										
7:45 PM										
8:00 PM										
8:15 PM										
8:30 PM										
8:45 PM										

**Pool Hours of Operations**  
 Sun 9am-5:45 pm  
 Mon-Thurs 5am-9 pm  
 Fri 5am-3:45 pm  
 Sat CLOSED