



# Aquatics Schedule

Main Pool

November 2018

	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	Closed	Lap Swim All 5 Lanes 5:00-8:30									
6:45 AM											
7:00 AM											
7:15 AM											
7:30 AM							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
7:45 AM											
8:00 AM	Closed	Lap Swim All 5 Lanes 5:00-8:30									
8:15 AM											
8:30 AM											
8:45 AM											
9:00 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	
9:15 AM											
9:30 AM		Cardio Water w/Fern 10:00-11:00		Cardio Water w/Fern 10:00-11:00							
9:45 AM	OPEN SWIM	<p style="text-align: center;"><b>Closings for November</b></p> <p style="text-align: center;">Wednesday, November 21: LPC CLOSING @ 8pm Thursday, November 22: Happy Thanksgiving! LPC CLOSED Friday, November 23: LPC Regular Hours All Fitness Classes Cancelled &amp; No Childcare</p>									
10:00 AM											
10:15 AM											
10:30 AM											
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2:45 PM											
3:00 PM											
3:15 PM											
3:30 PM											
3:45 PM	Swim Lessons 3:45-4:30 *Times & Availability May Vary*	Swim Lessons 3:45-4:30 *Times & Availability May Vary*	Swim Lessons 3:45-4:30 *Times & Availability May Vary*	Swim Lessons 3:45-4:30 *Times & Availability May Vary*							
4:00 PM											
4:15 PM											
4:30 PM											
4:45 PM											
5:00 PM											
5:15 PM	Swim Lessons 4:45-6:15	Swim Lessons 4:45-6:15	Swim Lessons 4:45-6:15	Swim Lessons 4:45-6:15	Closed						
5:30 PM											
5:45 PM											
6:00 PM											
6:15 PM											
6:30 PM											
6:45 PM											
7:00 PM	Closed	<p style="text-align: center;"><i>Swim Lessons</i></p> <p>Next Sessions: November 5-15 December 3-13</p> <p style="text-align: right;">Sign up at our front desk</p>									
7:15 PM											
7:30 PM											
7:45 PM											
8:00 PM											
8:15 PM											
8:30 PM	Lap Swim All 5 Lanes 7:30-9:00										
8:45 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.

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