




Aquatics Schedule

Small Pool
November
2018

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM	Closed	Adult Only Swim 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	OPEN SWIM	Self-Guided Therapy & Swim Lessons Adult Only 7:00-8:00				
7:00 AM						
7:15 AM						
7:30 AM						
7:45 AM						
8:00 AM						
8:15 AM						
8:30 AM	OPEN SWIM					
8:45 AM		Aqua-Zumba		Aqua-Zumba		Aqua-Fit
9:00 AM		w/Velvet		w/Velvet		w/Teresa
9:15 AM		8:40-9:40		8:40-9:40		8:40-9:40
9:30 AM						
9:45 AM						
10:00 AM		Therapeutic		Therapeutic		Therapeutic
10:15 AM	Aqua-Tone		Aqua-Tone		Aqua-Tone	
10:30 AM	w/Gloria		w/Gloria		w/Gloria	
10:45 AM	10:00-11:00		10:00-11:00		10:00-11:00	
11:00 AM	OPEN SWIM	Self-Guided Therapy & Swim Lessons Adult Only 12:00-1:00				
11:15 AM						
11:30 AM						
11:45 AM						
12:00 PM						
12:15 PM						
12:30 PM						
12:45 PM	OPEN SWIM	 <p>Next Sessions: November 5-15 December 3-13 Sign up at our front desk</p>				
1:00 PM						
1:15 PM						
1:30 PM						
1:45 PM						
2:00 PM						
2:15 PM						
2:30 PM	OPEN SWIM					Closed
2:45 PM						
3:00 PM						
3:15 PM						
3:30 PM						
3:45 PM						
4:00 PM		Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	
4:15 PM	3:45-4:45	3:45-4:45	3:45-4:45	3:45-4:45		
4:30 PM						
4:45 PM						
5:00 PM						
5:15 PM						
5:30 PM	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		
5:45 PM	5:30-6:00	5:30-6:00	5:30-6:00	5:30-6:00		
6:00 PM	Closed	Closings for November Wednesday, November 21: LPC CLOSES @ 8pm Thursday, November 22: Happy Thanksgiving! LPC CLOSED Friday, November 23: LPC Regular Hours All Fitness Classes Cancelled & No Childcare				
6:15 PM						
6:30 PM						
6:45 PM						
7:00 PM						
7:15 PM						
7:30 PM						
7:45 PM	Closed	Pool Hours of Operations Sun 9am-5:45 pm Mon-Thurs 5am-9 pm Fri 5am-3:45 pm Sat CLOSED				
8:00 PM						
8:15 PM						
8:30 PM						
8:45 PM						
8:45 PM						
8:45 PM						

Please Note:

Adult Swim
Reserved for participants ages 18 and older.

Self Guided Therapy
This time slot is intended for participants of any age, needing to perform personal therapeutic exercises.

Aqua-Zumba
Move to fun music with a low-impact, high energy exercise blending dance moves in the water to create natural resistance. Results in less impact on your joints. Core toning combined with muscle strengthening exercises help you have a fun total-body routine.

Therapeutic Aqua-Tone
This class is ideal for people just finishing rehab for surgeries of ankle, knee, shoulder, and hip injury/replacements. Class includes therapeutic stretching and exercise while incorporating 20 minutes of cardio.

