



Aquatics Schedule

Main Pool

2019 January

	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		OPEN SWIM									
6:30 AM											
6:45 AM											
7:00 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
7:15 AM											
7:30 AM											
7:45 AM											
8:00 AM											
8:15 AM											
8:30 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		
8:45 AM		Cardio Water w/Fern 10:00-11:00		Cardio Water w/Fern 10:00-11:00							
9:00 AM	<div style="border: 2px solid cyan; padding: 10px; text-align: center;"> <p>The LPC Welcomes the <i>Winter Swim League</i> Thursdays 6:30pm-8:00pm <i>Come Swim With Us!</i></p> </div>										
9:15 AM											
9:30 AM											
9:45 AM											
10:00 AM											
10:15 AM											
10:30 AM											
10:45 AM											
11:00 AM											
11:15 AM											
11:30 AM	<p>Cardio Water Class Strengthen your core and amp up your cardiovascular fitness with this high energy yet <i>low impact</i> workout!</p> <p>Synapse Surf Join the fun balancing on noodles, playing with balls and exercising your brain synapses as you have a great total body workout.</p> <p>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.</p>										
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	Christ School 4:00-5:30	Christ School 4:00-5:30	Christ School 4:00-5:30	Christ School 4:00-5:30	Closed						
2:15 PM											
2:30 PM											
2:45 PM											
3:00 PM											
3:15 PM											
3:30 PM											
3:45 PM											
4:00 PM											
4:15 PM											
4:30 PM	<div style="border: 2px dashed cyan; padding: 5px;"> <p>Winter Swim League 6:30-8:00</p> </div>										
4:45 PM											
5:00 PM											
5:15 PM											
5:30 PM											
5:45 PM											
6:00 PM											
6:15 PM											
6:30 PM											
6:45 PM											
7:00 PM	<div style="background-color: #2c5e8c; color: white; padding: 10px;"> <p>Pool Hours of Operations Sun 9am-5:45 pm Mon-Thurs 5am-9 pm Fri 5am-3:45 pm Sat CLOSED</p> </div>										
7:15 PM											
7:30 PM											
7:45 PM											
8:00 PM											
8:15 PM											
8:30 PM											
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.