



Aquatics Schedule

Small Pool

2019 JUNE

	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		Self-Guided Therapy Adult Only 7:00-8:00				
6:15 AM						
6:30 AM						
6:45 AM						
7:00 AM		Aqua-Zumba w/Velvet 8:40-9:40				
7:15 AM						
7:30 AM	Therapeutic Aqua-Tone w/Linda 10:00-11:00					
7:45 AM						
8:00 AM	Aqua-Zumba w/Velvet 8:40-9:40					
8:15 AM						
8:30 AM	Private Swim Lessons Half Pool 9:00-12:00					
8:45 AM						
9:00 AM	Aqua-Fit w/Teresa 8:40-9:40					
9:15 AM						
9:30 AM	Therapeutic Aqua-Tone w/Linda 10:00-11:00					
9:45 AM						
10:00 AM	Self-Guided Therapy Adult Only 12:00-1:00					
10:15 AM						
10:30 AM	<div style="border: 2px solid yellow; padding: 10px; text-align: center;"> <p>SUMMER CAMP KIDS Will Be Joining the LPC! Mondays, Tuesdays, Wednesdays & Thursdays Main Pool June, July & August Detailed Calendars are available</p>  </div>					
10:45 AM						
11:00 AM						
11:15 AM						
11:30 AM						
11:45 AM						
12:00 PM						
12:15 PM						
12:30 PM						
12:45 PM						
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8:45 PM						

OPEN SWIM

Private Swim Lessons
Half Pool 12:30-4:30

OPEN SWIM

Closed

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.



Next Sessions:
July 1-15
July 22-August 1

Sign up 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