



LPC FITNESS & AQUATICS
A Ministry of FAI

AQUATICS SCHEDULE

MAIN POOL

2021 November

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM	Closed	Adult Only Swim 5:00-7:30				
5:15 AM						
5:30 AM						
5:45 AM						
6:00 AM						
6:15 AM						
6:30 AM						
6:45 AM						
7:00 AM	OPEN SWIM	Cardio-Water w/Tim 7:40-8:40	Lap Swim 5:00-8:30	Cardio-Water w/Tim 7:40-8:40	Lap Swim 5:00-8:30	Cardio-Water w/Tim 7:40-8:40
7:15 AM		Aqua-Zumba w/Velvet 8:40-9:40	Synapse Surf w/Rita 9:00-10:00	Aqua-Tabata w/Velvet 8:40-9:40	Synapse Surf w/Rita 9:00-10:00	
7:30 AM						
7:45 AM						
8:00 AM						
8:15 AM						
8:30 AM						
8:45 AM						
9:00 AM						
9:15 AM						
9:30 AM						
9:45 AM						
10:00 AM						
10:15 AM			Cardio-Water w/Fern 10:00-11:00		Cardio-Water w/Fern 10:00-11:00	Aqua-Zumba w/Velvet 10:00-11:00
10:30 AM						
10:45 AM						
11:00 AM		Adult Only Swim 5:00am - 1:00pm M-F				
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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4:30 PM						
4:45 PM						
5:00 PM		Christ School Swim Team 4:15-6:00	Christ School Swim Team 4:15-6:00	Christ School Swim Team 4:15-6:00	Christ School Swim Team 4:15-6:00	Closed
5:15 PM						
5:30 PM						
5:45 PM						
6:00 PM						
6:15 PM						
6:30 PM		West Henderson Swim Team 6:15-7:30	Cardio-Water w/Lori 6:15-7:15	West Henderson Swim Team 6:15-7:30	Cardio-Water w/Lori 6:15-7:15	
6:45 PM						
7:00 PM						
7:15 PM	Closed	Lap Swim 7:30-8:45				
7:30 PM						
7:45 PM						
8:00 PM						
8:15 PM						
8:30 PM						
8:45 PM						

Please Note:

Adult Only Swim
5am-1pm M-F

May operate on:
NO LIFEGUARD ON DUTY
-Swim at Your Own Risk - *WATCH YOUR CHILDREN*

CLASSES HAVE PRIORITY USE OF POOL

Cardio Water
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-8:45 pm
Fri 5am-3:45 pm
Sat CLOSED