



LPC FITNESS & AQUATICS
A Ministry of FAI

Aquatics Schedule

MAIN POOL

2022 May

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM	Closed	<div style="background-color: #4a86e8; color: white; padding: 10px; text-align: center;"> Adult Only Swim 5:00-7:30 </div>				
5:15 AM						
5:30 AM						
5:45 AM						
6:00 AM						
6:15 AM						
6:30 AM						
6:45 AM						
7:00 AM						
7:15 AM						
7:30 AM	<div style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold; font-size: 2em;">OPEN SWIM</div>	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
7:45 AM						
8:00 AM						
8:15 AM						
8:30 AM						
8:45 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	
9:00 AM						
9:15 AM						
9:30 AM						
9:45 AM						
10:00 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	
10:15 AM	<div style="background-color: #ffff00; border: 2px dashed black; padding: 10px; text-align: center;"> Adult Only Swim 5:00am - 1:00pm M-F </div>					
10:30 AM						
10:45 AM						
11:00 AM						
11:15 AM						
11:30 AM						
11:45 AM						
12:00 PM						
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5:30 PM						
5:45 PM						
6:00 PM						
6:15 PM		Cardio-Water w/Lori 6:15-7:15		Cardio-Water w/Lori 6:15-7:15		
6:30 PM						
6:45 PM						
7:00 PM	Closed	<div style="background-color: #4a86e8; color: white; padding: 10px; text-align: center;"> Lap Swim 7:30-8:45 </div>				
7:15 PM						
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
All five lanes are set aside for lap swim. Please see the Lap Swim Etiquette handout for how to share lanes. *Thank you for sharing!*

Pool Hours of Operations

Sun 9am-5:45 pm
Mon-Thurs 5am-8:45 pm
Fri 5am-3:45 pm
Sat CLOSED