



**LPC FITNESS & AQUATICS**  
A Ministry of FAI

# Aquatics Schedule

## Main Pool

# August 2022

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday					
5:00 AM	Closed	<b>Adult Only Lap Swim</b> 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	Closed	<b>Adult Only Lap Swim</b> 5:00-7:30									
7:00 AM											
7:15 AM											
7:30 AM							<b>Cardio-Water</b> w/Tim 7:40-8:40	<b>Lap Swim</b> 5:00-8:30	<b>Cardio-Water</b> w/Tim 7:40-8:40	<b>Lap Swim</b> 5:00-8:30	<b>Cardio-Water</b> 7:40-8:40
7:45 AM											
8:00 AM											
8:15 AM											
8:30 AM	Closed	<b>Adult Only Lap Swim</b> 5:00-7:30									
8:45 AM											
9:00 AM							<b>Aqua-Zumba</b> w/Velvet 8:40-9:40	<b>Synapse Surf</b> w/Rita 9:00-10:00	<b>Aqua-Tabata</b> w/Velvet 8:40-9:40	<b>Synapse Surf</b> w/Rita 9:00-10:00	
9:15 AM											
9:30 AM											
9:45 AM											
10:00 AM								<b>Cardio-Water</b> w/Fern 10:00-11:00		<b>Cardio-Water</b> w/Fern 10:00-11:00	<b>Aqua-Zumba</b> w/Velvet 10:00-11:00
10:15 AM	O P E N  S W I M	<b>Adult Only Lap Swim</b> 5:00-7:30									
10:30 AM											
10:45 AM											
11:00 AM											
11:15 AM											
11:30 AM											
11:45 AM											
12:00 PM		<b>Henderson County Summer Plus</b> 12:15-3:30 Aug. 9 -Last Visit <i>*no lap lanes</i>									
12:15 PM											
12:30 PM											
12:45 PM											
1:00 PM	<b>Arden SDA Flag Camp</b> 1:00-3:00 Aug. 1 -Last Visit <i>*no lap lanes</i>										
1:15 PM											
1:30 PM											
1:45 PM				<b>Pool Deck Cleaning (Pool Open)</b> 1-4pm FRIDAYS <i>*pressure washer in use</i>							
2:00 PM											
2:15 PM											
2:30 PM											
2:45 PM											
3:00 PM											
3:15 PM					Closed						
3:30 PM											
3:45 PM											
4:00 PM											
4:15 PM											
4:30 PM											
4:45 PM											
5:00 PM				Closed							
5:15 PM											
5:30 PM											
5:45 PM											
6:00 PM											
6:15 PM		<b>Cardio-Water</b> w/Lori 6:15-7:15			<b>Cardio-Water</b> w/Lori 6:15-7:15						
6:30 PM	Closed	<b>Adult Only Lap Swim</b> 5:00-7:30									
6:45 PM											
7:00 PM											
7:15 PM											
7:30 PM											
7:45 PM											
8:00 PM								<b>Lap Swim</b> 7:30-8:45			
8:15 PM											
8:30 PM											
8:45 PM											

Please Note:

**Adult Only Swim**  
5am-7:30am 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