




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

# AQUATICS SCHEDULE

# Main Pool

# 2023 MAY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
5:00 AM	Closed	<p><u>Adult Only All Lanes Open</u> 5:00-7:30</p>					
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		<p><b>Adult Swim Only</b> 5:00am-11:00am Monday - Friday</p>					
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	O P E N  S W I M						
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							
10:30 AM							
10:45 AM							
11:00 AM			<p><b>Adult Swim Only</b> 5:00am-11:00am Monday - Friday</p>				
11:15 AM							
11:30 AM							
11:45 AM							
12:00 PM							
12:15 PM							
12:30 PM							
12:45 PM							
1:00 PM		 <p><b>Monday, May 29</b> LPC will Close @ 5pm</p> <ul style="list-style-type: none"> <li>• Childcare Closed •</li> <li>All Classes Cancelled</li> <li><u>Except Aqua-Zumba @ 8:40am</u></li> </ul>					
1:15 PM							
1:30 PM							
1:45 PM							
2:00 PM							
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							
4:45 PM							
5:00 PM							
5:15 PM							
5:30 PM							
5:45 PM							
6:00 PM	Closed						
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							
7:15 PM							
7:30 PM							
7:45 PM							
8:00 PM			<p>All Lanes Open 7:30-8:45</p>				
8:15 PM							
8:30 PM							
8:45 PM							

Please Note:

**Adult Only Swim**  
5am-11am M-F

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

**CLASSES HAVE PRIORITY USE OF POOL**  
**No children during classes**

**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 Deck Cleaning (Pool Open)**  
1-4pm  
FRIDAYS  
\*pressure washer in use on pool deck\*

**Pool Hours of Operations**  
Sun 9am-5:45 pm  
Mon-Thurs 5am-8:45 pm  
Fri 5am-3:45 pm  
Sat CLOSED