




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

# Aquatics Schedule

# MAIN POOL

# 2023

# November

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
5:00 AM	Closed	<b>Adult Only All Lanes Open</b> 5:00-7:30					
5:15 AM							
5:30 AM							
5:45 AM							
6:00 AM							
6:15 AM							
6:30 AM	<b>Adult Swim Only</b> 5:00am-11:00am Monday - Friday						
6:45 AM							
7:00 AM	<b>SUNDAY OPEN SWIM</b>	Deep Water Toning & Cardio w/Marge 7:30-8:30			Deep Water Toning & Cardio w/Marge 7:30-8:30	Deep Water Toning & Cardio w/Marge 7:30-8:30	
7:15 AM							
7:30 AM							
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
10:15 AM							
10:30 AM							
10:45 AM							
11:00 AM	 <p><i>Holiday Hours</i> Wednesday, November 22: 5am-5pm Thursday, November 23: Closed Friday, November 24: Closed</p> <p><i>Class Cancellations</i> Wednesday, November 22: Aqua~Zumba @ 8:40am Muscle Pump @ 5:15pm</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							
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	*No Open Swim from 4pm to 6pm M-Th * Therapy & Lap Swim Only *						
4:15 PM	Christ School 4 Lanes 4:00-6:00	Christ School 4 Lanes 4:00-6:00	Christ School 4 Lanes 4:00-6:00	Christ School 4 Lanes 4:00-6:00	Closed		
4:30 PM							
4:45 PM							
5:00 PM							
5:15 PM							
5:30 PM							
5:45 PM							
6:00 PM							
6:15 PM							
6:30 PM			Cardio-Water w/Tim 6:30-7:30			Cardio-Water w/Tim 6:30-7:30	
6:45 PM							
7:00 PM							
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-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!

**Deep Water Toning & Cardio**

Total body conditioning using noodles, boards, buoys & all your muscles!

**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