



LPC FITNESS & AQUATICS
A Ministry of FAI

Aquatics Schedule

MAIN POOL 2024 June

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM	Closed	<p>Adult Only All Lanes Open 5:00-7:30</p> <p>Adult Swim Only 5:00am-11:00am Monday - Friday</p>				
5:15 AM						
5:30 AM						
5:45 AM						
6:00 AM						
6:15 AM						
6:30 AM						
6:45 AM	S U N D A Y O P E N S W I M	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
7:00 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	
7:15 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
7:30 AM		<p>Adult Swim Only 5:00am-11:00am Monday - Friday</p>				
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7:15 PM	Closed		Cardio-Water w/Dee 6:30-7:30		Cardio-Water w/Dee 6:30-7:30	
7:30 PM		<p>All Lanes Open 7:30-8:45</p>				
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