



LPC FITNESS & AQUATICS
A Ministry of FAI

AQUATICS SCHEDULE

Main Pool
2024
AUGUST

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM	Closed	Adult Only All Lanes Open 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	SUNDAY OPEN SWIM					
7:00 AM						
7:15 AM						
7:30 AM						
7:45 AM						
8:00 AM						
8:15 AM						
8:30 AM	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	
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		Cardio-Water w/Fern 10:00-11:00		Cardio-Water w/Fern 10:00-11:00	Aqua-Zumba w/Velvet 10:00-11:00	
9:15 AM	Adult Swim Only 5:00am-11:00am Monday - Friday					
9:30 AM						
9:45 AM						
10:00 AM						
10:15 AM						
10:30 AM						
10:45 AM						
11:00 AM	Pool Deck Cleaning (Pool Open) 1-4pm FRIDAYS *pressure washer in use on pool deck*					
11:15 AM						
11:30 AM						
11:45 AM						
12:00 PM						
12:15 PM						
12:30 PM						
12:45 PM	Closed					
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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 Hours of Operations

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