



LPC FITNESS & AQUATICS
A Ministry of FAI

AQUATICS SCHEDULE

Therapy Pool

2024 SEPT.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM	Closed					
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						
7:45 AM						
8:00 AM	SUNDAY OPEN SWIM					
8:15 AM						
8:30 AM						
8:45 AM						
9:00 AM						
9:15 AM						
9:30 AM						
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10:45 AM						
11:00 AM	Closed					
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11:45 AM						
12:00 PM						
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12:30 PM						
12:45 PM						
1:00 PM						
1:15 PM						
1:30 PM						
1:45 PM						
2:00 PM	We Welcome Rugby Middle School Mondays & Wednesdays 6:00-7:15pm Starting <u>Sept. 23</u>					
2:15 PM						
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7:45 PM						
8:00 PM	Closed					
8:15 PM						
8:30 PM						
8:45 PM						

Closed

SUNDAY
OPEN
SWIM

Closed

Adult Only Time In Therapy Pool
5:00am - 1:00pm
Monday - Friday

Adult Only Time In Therapy Pool
5:00am - 1:00pm
Monday - Friday

**We Welcome
Rugby Middle School
Mondays & Wednesdays
6:00-7:15pm
Starting Sept. 23**

**Cardio-Water
w/Dee
6:30-7:30**

**Cardio-Water
w/Dee
6:30-7:30**

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

Closed

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

Please Note:

THERAPY POOL RULES

This pool is for therapy, general exercise and LPC guided swim lessons. Reserved for participants ages 18 and older. Children 7 years and younger only - must be accompanied by an adult in the water.

Adult Only Swim
5am-1pm M-F

Aqua-Zumba
Move to fun music with a low-impact, high energy exercise blending dance moves in the water to create natural resistance. Results in less impact on your joints. Core toning combined with muscle strengthening exercises help you have a fun total-body routine.

Aqua Tabata
is an interval class with 20 seconds of intense exercise and 10 seconds of rest done in shallow water.

Thank you, for keeping a close watch over your children.

No Cellphone Zone.