



Aquatics Schedule

MAIN POOL

December 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday			
5:00 AM	Closed	<div>Adult Only All Lanes Open</div> <div>5:00-7:30</div> <div>Adult Swim Only</div> <div>5:00am-11:00am</div> <div>Monday - Friday</div>							
5:15 AM									
5:30 AM									
5:45 AM									
6:00 AM									
6:15 AM									
6:30 AM									
6:45 AM									
7:00 AM	SUNDAY OPEN SWIM	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									
7:30 AM		<div>Cardio-Water w/Fern 10:00-11:00</div> <div>Cardio-Water w/Fern 10:00-11:00</div> <div>Aqua-Zumba w/Velvet 10:00-11:00</div>	<div>Cardio-Water w/Fern 10:00-11:00</div> <div>Cardio-Water w/Fern 10:00-11:00</div> <div>Aqua-Zumba w/Velvet 10:00-11:00</div>	<div>Aqua-Zumba w/Velvet 10:00-11:00</div> <div>Aqua-Zumba w/Velvet 10:00-11:00</div> <div>Aqua-Zumba w/Velvet 10:00-11:00</div>					
7:45 AM									
8:00 AM					<div>Merry Christmas & Happy New Year!</div> <div>Wednesday, Dec. 24th-LPC CLOSED</div> <div>Thursday, Dec. 25th-LPC CLOSED</div> <div>Wednesday, Dec. 31st-LPC Closes @ 5pm</div> <div>Thursday, Jan. 1st-LPC CLOSED</div> <div>*check posted notices for class cancellations*</div>				
8:15 AM									
8:30 AM									
8:45 AM									
9:00 AM					<div>Pool Deck Cleaning (Pool Open) 1:00pm - 3:45pm FRIDAYS *pressure washer in use</div>				
9:15 AM									
9:30 AM									
9:45 AM									
10:00 AM									
10:15 AM					<div>Christ School Swim Team 3 lap lanes 4:00-5:45</div> <div>Christ School Swim Team 3 lap lanes 4:00-5:45</div> <div>Christ School Swim Team 3 lap lanes 4:00-5:45</div> <div>Christ School Swim Team 3 lap lanes 4:00-5:45</div> <div>Closed</div>				
10:30 AM									
10:45 AM									
11:00 AM									
11:15 AM									
11:30 AM		<div>Cardio-Water w/Dee 6:30-7:30</div> <div>Cardio-Water w/Dee 6:30-7:30</div> <div>Pool Hou</div> <div>Sun</div> <div>Mon-Th</div> <div>Fri</div> <div>S</div>							
11:45 AM									
12:00 PM									
12:15 PM									
12:30 PM									
12:45 PM		<div>All Lanes Open</div> <div>7:30-8:45</div>							
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4:00 PM	<div>All Lanes Open</div> <div>7:30-8:45</div>								
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7:00 PM	<div>Pool Hou</div> <div>Sun</div> <div>Mon-Th</div> <div>Fri</div> <div>S</div>								
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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 Hours of Operations
Sun 9am-5:45 pm
Mon-Thurs 5am-8:45 pm
Fri 5am-3:45 pm
Sat CLOSED