



Aquatics Schedule

THERAPY POOL

December 2025

	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	Closed					
6:30 AM						
6:45 AM						
7:00 AM						
7:15 AM						
7:30 AM	Closed					
7:45 AM						
8:00 AM						
8:15 AM						
8:30 AM						
8:45 AM	SUNDAY OPEN SWIM	Aqua-Zumba w/Velvet 8:40-9:40		Aqua-Tabata w/Velvet 8:40-9:40		
9:00 AM						
9:15 AM						
9:30 AM						
9:45 AM						
10:00 AM	SUNDAY OPEN SWIM					Aqua-Zumba w/Velvet 10:00-11:00
10:15 AM						
10:30 AM						
10:45 AM						
11:00 AM						
11:15 AM	SUNDAY OPEN SWIM					
11:30 AM						
11:45 AM						
12:00 PM						
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6:45 PM	SUNDAY OPEN SWIM					
7:00 PM						
7:15 PM						
7:30 PM						
7:45 PM						
8:00 PM	SUNDAY OPEN SWIM					
8:15 PM						
8:30 PM						
8:45 PM						

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

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



Merry Christmas & Happy New Year!

Wednesday, Dec. 24th-LPC CLOSED
Thursday, Dec. 25th-LPC CLOSED

Wednesday, Dec. 31st-LPC Closes @ 5pm
Thursday, Jan. 1st-LPC CLOSED

check posted notices for class cancellations

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

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

**Pool Deck
Cleaning
(Pool Open)**
1:00pm -
3:45pm
FRIDAYS

*pressure
washer in use

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.