LPC FITNESS & AQUATICS
A Ministry of FAI

# Aquatics Schedule

## Therapy Pool

## March 2026

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|---|
| 5:00 AM | Closed | Adult Only Time in Therapy Pool 5:00am-1:00pm | | | | |
| 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 | | | | | | |
| 8:15 AM | | | | | | |
| 8:30 AM | | | | | | |
| 8:45 AM | | Aqua~Zumba w/Velvet 8:40-9:40 | Aqua-Tabata w/Velvet 8:40-9:40 | | | |
| 9:00 AM | SUNDAY OPEN SWIM | | | | | |
| 9:15 AM | | | | | | |
| 9:30 AM | | | | | | |
| 9:45 AM | | | | | | |
| 10:00 AM | | | | | Aqua~Zumba w/Velvet 10:00-11:00 | |
| 10:15 AM | | | | | | |
| 10:30 AM | | | | | | |
| 10:45 AM | | | | | | |
| 11:00 AM | | | | | | |
| 11:15 AM | | | | | | |
| 11:30 AM | | | | | | |
| 11:45 AM | | | | | | |
| 12:00 PM | | | | | | |
| 12:15 PM | | | | | | |
| 12:30 PM | | | | | | |
| 12:45 PM | | | | | | |
| 1:00 PM | | | | | | Pool Deck Cleaning (Pool Open) 1:00pm-3:45pm FRIDAYS *loud washers |
| 1:15 PM | | | | | | |
| 1:30 PM | | | | | | |
| 1:45 PM | | | | | | |
| 2:00 PM | | | | | | |
| 2:15 PM | | | | | | |
| 2:30 PM | | | | | | |
| 2:45 PM | | | | | | |
| 3:00 PM | | | | | | Closed |
| 3:15 PM | | | | | | |
| 3:30 PM | | | | | | |
| 3:45 PM | | | | | | |
| 4:00 PM | | | | | | |
| 4:15 PM | | | | | | |
| 4:30 PM | | | | | | |
| 4:45 PM | | | | | | |
| 5:00 PM | | | | | | |
| 5:15 PM | | | | | | |
| 5:30 PM | | | | | | |
| 5:45 PM | Closed | | | | | |
| 6:00 PM | | | | | | |
| 6:15 PM | | | | | | |
| 6:30 PM | | | Cardio-Water w/Dee 6:30-7:30 | | Cardio-Water w/Dee 6:30-7:30 | |
| 6:45 PM | | | | | | |
| 7:00 PM | | | | | | |
| 7:15 PM | | | | | | |
| 7:30 PM | | | | | | |
| 7:45 PM | | | | | | |
| 8:00 PM | | | | | | |
| 8:15 PM | | | | | | |
| 8:30 PM | | | | | | |
| 8:45 PM | | | | | | |

Please Note:

**THERAPY POOL RULES**

**This pool is for therapy, general exercise and LPC guided swim lessons.**

**Adult Swim**

Reserved for participants ages 18 and older.

Children 7 years and younger only - must be accompanied by an adult in the water at all times.

**NO CELLPHONE ZONE**

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

**Adult Only Time**
**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.

Aqua-Tabata

Interval class with 20 seconds of intense exercise and 10 seconds of rest done in shallow water.

## Pool Hours of Operations

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