LPC FITNESS & AQUATICS
A Ministry of FAI

Aquatics Schedule

Therapy Pool

April 2026

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

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