LPC FITNESS & AQUATICS
A Ministry of FAI

Aquatics Schedule

MAIN POOL

November 2026

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM – 6:45 AM	Closed	Lap Swim All 5 Lanes 5:00-7:00				
7:00 AM – 7:45 AM						
8:00 AM – 8:45 AM				Aqua-Zumba w/Jenn 8:30-9:30		Aqua-Zumba w/Jenn 8:30-9:30
9:00 AM – 9:45 AM	SUNDAY OPEN SWIM		Synapse Surf w/Rita 9:00-10:00		Synapse Surf w/Rita 9:00-10:00	
10:00 AM – 10:45 AM		Aqua~Fit w/Dee 10:00-11:00	Cardio Water w/Fern 10:00-11:00	Aqua~Fit w/Dee 10:00-11:00	Cardio Water w/Fern 10:00-11:00	
11:00 AM – 1:45 PM						Pool Deck Cleaning (Pool Open) 1:00pm-3:45pm FRIDAYS *loud washers in use*
2:00 PM – 3:45 PM						
4:00 PM – 5:45 PM		Christ School Swim Team 4:00-5:45	Christ School Swim Team 4:00-5:45	Christ School Swim Team 4:00-5:45	Christ School Swim Team 4:00-5:45	Closed
6:00 PM – 6:45 PM			Aqua~Fit w/Dee 6:30-7:30		Aqua~Fit w/Dee 6:30-7:30	
7:00 PM – 8:45 PM	Closed	Lap Swim All 5 Lanes 7:30-8:45				

Please Note:
May operate on:
NO LIFEGUARD ON DUTY
Swim at your own risk
WATCH YOUR CHILDREN

Adult Only Swim
5am-11am M-F

CLASSES HAVE PRIORITY USE OF POOL
No children during classes

Aqua-Fit
Core strengthening, balance and endurance. Great for all ages!

Aqua-Zumba
Low-impact, high-energy aquatic exercise blends Zumba® with water resistance for one fun workout!

Cardio Water
Strengthen your core and amp up your cardiovascular fitness with this high energy yet *low impact* workout!

Synapse Surf
Fun balancing on noodles, playing with balls and exercising your brain synapses as you have a great total body workout.

Lap Swim
Continuous paced swimming using designated swim strokes.
Please see the Lap Swim Etiquette handout for how to share lanes.

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