LPC FITNESS & AQUATICS
A Ministry of FAI

Aquatics Schedule

THERAPY POOL

November 2026

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 AM – 8:45 AM	Closed	Adult Only Time in Therapy Pool 5:00am-3:30pm		Aqua-Zumba w/Jenn 8:30-9:30		Aqua-Zumba w/Jenn 8:30-9:30
9:00 AM – 12:45 PM	SUNDAY OPEN SWIM	Adult Only Time in Therapy Pool 5:00am-3:30pm				
1:00 PM – 5:45 PM	SUNDAY OPEN SWIM	Adult Only Time in Therapy Pool 5:00am-3:30pm			Pool Deck Cleaning (Pool Open) 1:00pm-3:45pm FRIDAYS *loud washers in use*	
6:00 PM – 8:45 PM	Closed	OPEN SWIM *Parent must be In Pool With Child * No Jump Zone No Splash Zone OPEN SWIM			Closed	

Please Note:

THERAPY POOL RULES

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

Adult Only Time

5:00am-3:30pm

Mon. -- Fri.

Adult Time Reserved for participants ages 18 and older. **An Individual LPC Swim Lesson may be scheduled during adult swim time**

OPEN SWIM TIME

3:30PM TO 8:45PM Mon-Thur

9:00AM TO 5:45PM SUNDAYS

Aqua~Zumba™

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

Swimsuit Policy

Swimsuits must cover the midriff for all ladies and swimtrunks must cover to the midthigh for all gentlemen.

Pool Hours of Operations

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