

# AQUATICS SCHEDULE AS OF 8/27/18

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY**

6:00 AM	POOL OPENS AT 6AM MONDAY through FRIDAY					All Deluxe and Select Pool Sessions REQUIRE a band to enter the pool. Bands are issued at the members services desk. Standard members not permitted in pool during this time.							
7:00 AM													
8:00 AM	CO-ED 6:00 - 9:15am	CO-ED 6:00 - 9:30am	CO-ED 6:00 - 9:15am	CO-ED 6:00 - 9:30am	CO-ED 6:00 - 9:15 am	-Pool Open 7:45am	Pool Open 7:45am						
8:30 AM													
9:00 AM	Womens Only			Womens Only	9:15 - 10am AQUA AEROBICS								
9:30 AM	Swim 9:15 - 10:15am	9:30-10:30am AQUA AEROBICS DELUXE/SELECT	Swim 9:15 - 10:15am	9:30-10:30am AQUA AEROBICS DELUXE/SELECT	DELUXE/SELECT ONLY CO-ED SWIM								
10:00 AM						10 - 11am							
10:30 AM	CO-ED 10:15 - 11:00am	ONLY CO-ED SWIM 10:30am-11:55am CO-ED	CO-ED 10:15 - 11:00am	ONLY CO-ED SWIM 10:30am-11:55am CO-ED	Womens Only Aqua Aerobics DELUXE/SELECT								
11:00 AM	11am - 12pm Womens Only	11-11:55am Northern Metropolitari	11am - 12pm Womens Only			CO-ED 7:45am - 12:30pm							
11:30 AM	Aqua Aerobics DELUXE/SELECT	Aqua Aerobics DELUXE/SELECT	Aqua Aerobics DELUXE/SELECT	11AM - 11:55am Northern Metropolitan CO-ED									
12:00 PM	12pm - 1pm Womens Only	12pm - 1pm Womens Only											
12:30 PM	Aqua Aerobics DELUXE/SELECT	Swim DELUXE/SELECT	Womens Only	12pm - 1pm Womens Only									
1:00 PM						Womens Only	Womens Only						
1:30 PM	Womens Only Swim 1pm - 3pm	Womens Only Swim 1pm - 3pm	Swim 12pm - 3pm	Womens Only Swim 1pm - 3pm	Swim 12pm - 3pm	Swim 12:30 - 2pm							
2:00 PM													
2:30 PM								CO-ED 2 - 3pm					
3:00 PM													
3:30 PM	CO-ED 3pm - 4:30pm	CO-ED 3pm - 4:30pm	CO-ED 3pm - 4:30pm	CO-ED 3pm - 4:30pm	CO-ED 3pm - 4:30pm	3:45 POOL CLOSED		Mens Only Swim 3 - 4:25pm					
4:00 PM										4:25 Pool Closed			
4:30 PM	COED LAP SWIMMING AS LESSONS ALLOW 3pm to 7pm							Pool Hours MON - THURS 6AM - 11 PM FRIDAY 6AM - 7:45 PM SATURDAY 7:45AM-3:45PM SUNDAY 7:45AM-4:25 PM					
5:00 PM													
5:30 PM													
6:00 PM						<b>SWIM CODING</b>							
6:30 PM	CO-ED 6:35pm-7pm	CO-ED 6:35pm-6:45pm	CO-ED 6:35pm-7pm	CO-ED 6:35pm-7pm	CO-ED 6:35pm-7pm	DELUXE SELECT WOMENS ONLY DELUXE SELECT CO-ED SWIM CO-ED							
7:00 PM													
7:30 PM	Womens Only Swim 7pm - 8:30pm	6:45 - 7:45pm Womens Only Aqua Aerobics DELUXE/SELECT	Womens Only Swim 7pm - 8:30pm	Womens Only Swim 7pm - 8:30pm			All Deluxe and Select Pool Sessions REQUIRE a band to enter the pool. Bands are issued at the members services desk. Standard members not permitted in pool during this time.						
8:00 PM													
8:30 PM								<b>CHILD CARE HOURS</b>					
9:00 PM						MON - FRIDAY		8:30 am - 2:15 pm					
9:30 PM						SATURDAY		Not Available					
10:00 PM						SUNDAY		8:00 AM - 2:00 PM					
9:30 PM	Mens Only Swim 8:30 - 11pm	Mens Only Swim 8:30 - 11pm	Mens Only Swim 8:30 - 11pm	Mens Only Swim 8:30 - 11pm			<b>CLUB HOURS</b> MON-THURS 5AM - 11PM FRIDAY 5AM - 8PM SAT/SUN 7:30AM - 5PM						
10:30 PM													
11:00 PM	Pool Closes 11:00PM					MON-THURS 5AM - 11PM FRIDAY 5AM - 8PM SAT/SUN 7:30AM - 5PM		INQUIRE AT MEMBER SERVICES DESK OR CHECK THE WEBSITE FOR HOLIDAY HOURS AND POOL CLOSING INFO					

WWW.LPXCLUB.COM 845-356-1900

**PRIVATE SWIM LESSONS ARE OFFERED AT ANY GIVEN TIME DURING THE NORMAL HOURS OF OPERATION**