

AQUATICS SCHEDULE AS OF 8/28/17

	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		ONLY CO-ED SWIM		ONLY CO-ED SWIM	10 - 11am Womens Only	Womens Only		
10:30 AM	CO-ED 10:15 - 11:00am	10:30am-11:55am CO-ED	CO-ED 10:15 - 11:00am	10:30am-11:55am CO-ED	Aqua Aerobics DELUXE/SELECT	Swim 10 - 11am		
11:00 AM	11am - 12pm Womens Only	11-11:55am Northern Metropolitan	11am - 12pm Womens Only		11AM - 11:55am Northern Metropolitan CO-ED			CO-ED 7:45am - 12:30pm
11:30 AM	Aqua Aerobics DELUXE/SELECT		Aqua Aerobics DELUXE/SELECT					
12:00 PM	12pm - 1pm Womens Only	12pm - 1pm Womens Only		12pm - 1pm Womens Only				
12:30 PM	Aqua Aerobics DELUXE/SELECT	Swim DELUXE/SELECT	Womens Only	Aqua Aerobics DELUXE/SELECT	Womens Only		Womens Only	
1:00 PM	Womens Only	Womens Only	Swim 12pm - 3pm	Womens Only	Swim 12pm - 3pm		Swim 12:30 - 2pm	
1:30 PM	Swim 1pm - 3pm	Swim 1pm - 3pm		Swim 1pm - 3pm				
2:00 PM							CO-ED	
2:30 PM							2 - 3pm	
3:00 PM	CO-ED	CO-ED	CO-ED	CO-ED	CO-ED		Mens Only	
3:30 PM	3pm - 4:30pm	3pm - 4:30pm	3pm - 4:30pm	3pm - 4:30pm	3pm - 4:30pm		Swim 3 - 4:25pm	
4:00 PM						3:45 POOL CLOSED	4:25 Pool Closed	
4:30 PM	COED LAP SWIMMING AS LESSONS ALLOW						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						SWIM CODING		
						WOMEN'S ONLY		
						DELUXE SELECT WOMENS ONLY		
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 CO-ED SWIM		
						CO-ED		
						MEN'S ONLY		
7:00 PM		6:45 - 7:45pm Womens Only				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.		
7:30 PM	Womens Only	Aqua Aerobics DELUXE/SELECT	Womens Only	Womens Only				
	Swim 7pm - 8:30pm	Womens Only 745-8:30pm	Swim 7pm - 8:30pm	Swim 7pm - 8:30pm	7:45 Pool Closed			
8:00 PM								
8:30 PM					MON - FRIDAY SATURDAY SUNDAY			8:30 am - 2:15 pm Not Available 8:00 AM - 2:00 PM
9:00 PM								
9:30 PM	Mens Only	Mens Only	Mens Only	Mens Only	MON-THURS FRIDAY SAT/SUN			CLUB HOURS 5AM - 11PM 5AM - 8PM 7:30AM - 5PM
	Swim 8:30 - 11pm	Swim 8:30 - 11pm	Swim 8:30 - 11pm	Swim 8:30 - 11pm				
10:00 PM								
10:30 PM								INQUIRE AT MEMBER SERVICES DESK OR CHECK THE WEBSITE FOR HOLIDAY HOURS AND POOL CLOSING INFO
11:00 PM								WWW.LPXCLUB.COM 845-356-1900

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