



WEEKLY POOL SCHEDULE

through December 31st, 2022

Fall

DAY	TIME	AM/PM	CLASS	INSTRUCTOR	POOL
M	5:00-9:00	AM	LAP SWIMMING		Lap Pool
M	9:00-9:45	AM	Margo's Morning Group	CLUB FORMAT	Lap Pool
M	10:30-11:30	AM	Adult Synchro Swimming	Kathleen R.	Lap Pool
M	12:00-12:45	PM	Hydro-Pilates	Lisa E.	Warm Water Pool
M	11:30-5:00	AM/PM	LAP SWIMMING		Lap Pool
M	5:00-7:30	PM	HEAT	HCER	Lap Pool - ALL 6 LANES
M	7:30-9:45	PM	LAP SWIMMING		Lap Pool
T	5:00-9:15	AM	LAP SWIMMING		Lap Pool
T	8:15-11:30	AM	ACH Private Therapy	Bea K.	Warm Water Pool
T	9:00-9:45	AM	Aqua Combo	Margo S.	Lap Pool
T	10:00-4:00	AM/PM	LAP SWIMMING		Lap Pool
T	12:15-1:00	PM	NEW! Aqua Barre (starts 9/27)	Lisa E.	Warm Water Pool
T	1:00-4:00	PM	ACH Private Therapy	Bea K.	Warm Water Pool
T	4:00-6:00	PM	Lawrence School* (starts 11/1)	LAWRENCE	Lap Pool - 3 LANES
T	5:00-7:50	PM	Red Cross Swim Lessons	Varies	Lap & Warm Water Pool
T	8:00-9:45	PM	LAP SWIMMING		Lap Pool
W	5:00-9:30	AM	LAP SWIMMING		Lap Pool
W	7:00-11:00	AM	ACH Private Therapy	Bea K.	Warm Water Pool
W	9:30-10:30	AM	Waves	Sue S.	Lap Pool
W	10:30-11:30	AM	Adult Synchro Swimming	Kathleen R.	Lap Pool
W	11:00-12:00	AM/PM	Water Tune Up	Sue S.	Warm Water Pool
W	11:30-5:00	AM/PM	LAP SWIMMING		Lap Pool
W	12:00-1:00	PM	Hydro-Pilates	Cindy E.	Warm Water Pool
W	3:30-4:10	PM	SPLASH Kids Fit Swim	Varies	Lap & Warm Water Pool
W	5:00-7:30	PM	HEAT	HCER	Lap Pool - ALL 6 LANES
W	7:30-8:10	PM	SPLASH Kids Fit Swim	Varies	Lap & Warm Water Pool
W	7:30-9:45	PM	LAP SWIMMING		Lap Pool
TH	5:00-9:00	AM	LAP/OPEN SWIM		Lap Pool
TH	9:00-9:45	AM	Aqua Combo	Janice P.	Lap Pool
TH	10:00-4:00	AM/PM	LAP/OPEN SWIM		Lap Pool
TH	1:00-2:00	PM	Water Tune Up Plus	Amanda B.	Warm Water Pool
TH	4:00-6:00	PM	Lawrence School* (starts 11/1)	LAWRENCE	Lap Pool - 3 LANES
TH	5:00-7:50	PM	Red Cross Swim Lessons	Varies	Lap & Warm Water Pool
TH	8:00-9:45	PM	LAP SWIMMING		Lap Pool
F	5:00-9:30	AM	LAP SWIMMING		Lap Pool
F	9:30-10:30	AM	Waves	Sue S.	Lap Pool
F	10:30-11:30	AM	Adult Synchro Swimming	Kathleen R.	Lap Pool
F	11:00-12:00	AM/PM	Water Tune Up	Sue S.	Warm Water Pool
F	11:30-5:00	AM/PM	LAP SWIMMING		Lap Pool
F	3:45-5:00	PM	Lawrence School* (starts 11/1)	LAWRENCE	Lap Pool - 3 LANES
F	5:00-7:30	PM	HEAT	HCER	Lap Pool - ALL 6 LANES
F	7:30-8:45	PM	Indoor Lap Pool CLOSED		Lap Pool - CLOSED
SAT	7:00-9:00	AM	LAP SWIMMING		Lap Pool
SAT	9:00-10:00	AM	NEW! SwimLAB	Savannah H.	Lap Pool
SAT	9:00-11:30	AM	Red Cross Swim Lessons	Varies	Lap & Warm Water Pool
SAT	11:30-12:30	AM/PM	Aqua Combo	Amanda K.	Lap Pool
SAT	12:30-1:10	PM	SPLASH Kids Fit Swim	Varies	Lap & Warm Water Pool
SAT	12:30-6:45	PM	LAP SWIMMING		Lap Pool

SUN	7:00-4:00	AM/PM	LAP SWIMMING		Lap Pool
SUN	1:00-5:00	PM	Family Swim		Warm Water Pool
SUN	2:00-2:40	PM	SPLASH Kids Fit Swim	Varies	Lap & Warm Water Pool
SUN	4:00-5:30	PM	Youth Synchro Swimming	Kathleen R.	Lap Pool
SUN	5:30-7:45	PM	LAP SWIMMING		Lap Pool

LCP Pool Safety Guidelines

We appreciate your cooperation in helping to maintain our pools' safety!

- o Weekly pool schedule is subject to change. **Open Lap Swimming is subject to change dependant upon staffing.**
- o Classes held in the lap pool share space with lap swimmers - check with class instructor(s) before class(es) start.
- o Lap swimmers can share a lane effective 6/2/21.
- o Private Swim Lessons & SPLASH Lessons take place throughout the week and weekend in both Lap & Warm Water Pools.
- o Members are allowed to stay in the Resistance River when an exercise class or group swim lessons are going on in the Warm Water Pool, as long as they are practicing safe, physical distancing from others.
- o Children under the age of 12 are not to be left alone in the pool area/Guardian must accompany a child at all times.
- o Parents/ Guardians must be present on the pool deck while the child is swimming.
- o No one under the age of 16 is allowed in the spas. No swimming is permitted in the spa.
- o Anyone under the age of 18 is **not allowed** in the warm water pool.
 - o Exceptions are:
 - Supervised Swim lessons
 - Medical Passes written by a physician
 - Physical Therapy
 - Children 18 months & younger
- o Kickboards, pull buoys, fins and paddles are for lap swimmers only. Noodles are for fitness classes only.
- o Only US Coastguard approved flotation devices may be used. No arm floats and no inflatable pool toys - Lifejackets are available upon request.
- o *Lawrence School's season is 11/1/22-2/28/23.*