

AQUATICS SCHEDULE AS OF 9/1/19

	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						Pool Open 7:45am					
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	CO-ED	Pool Open 7:45am				
8:30 AM											
9:00 AM					9:15 - 10am AQUA AEROBICS						
9:30 AM	Womens Only Swim 9:15 - 10:15am	9:30-10:30am AQUA AEROBICS DELUXE/SELECT	Womens Only 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							
10:30 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	10 - 11am Womens Only Aqua Aerobics DELUXE/SELECT						
11:00 AM	11am - 12pm Womens Only Aqua Aerobics DELUXE/SELECT	11-11:55am Northern Metropolitan	11am - 12pm Womens Only Aqua Aerobics DELUXE/SELECT		11AM - 11:55am Northern Metropolitan CO-ED		CO-ED 7:45am - 12:30pm				
11:30 AM											
12:00 PM	12pm - 1pm Womens Only Aqua Aerobics DELUXE/SELECT	12pm - 1pm Womens Only Swim DELUXE/SELECT		12pm - 1pm Womens Only Aqua Aerobics DELUXE/SELECT							
12:30 PM			Womens Only Swim 12pm - 3pm		Womens Only Swim 12pm - 3pm		1pm POOL CLOSED	Womens Only Swim 12:30 - 2pm			
1:00 PM	Womens Only Swim 1pm - 3pm	Womens Only Swim 1pm - 3pm		Womens Only Swim 1pm - 3pm							
1:30 PM											
2:00 PM											
2:30 PM							CO-ED 2 - 3pm				
3:00 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			<i>Mens Only</i> Swim 3 - 4:25pm			
3:30 PM											
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-1PM SUNDAY 7:45AM-4:25 PM				
5:00 PM											
5:30 PM											
6:00 PM										MEN'S 5:30pm - 6:30pm ONLY Swim	SWIM CODING WOMEN'S ONLY DELUXE SELECT WOMENS ONLY DELUXE SELECT CO-ED SWIM CO-ED MEN'S ONLY
6:30 PM	CO-ED	CO-ED	CO-ED	CO-ED	6:30pm-7:45pm						
7:00 PM		6:45 - 7:45pm Womens Only Aqua Aerobics DELUXE/SELECT			CO-ED		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 Swim 7pm - 8:30pm	Womens Only Swim 7pm - 8:30pm	Womens Only Swim 7pm - 8:30pm	Womens Only Swim 7pm - 8:30pm							
8:00 PM		Womens Only Swim 7:45-8:30pm			7:45 Pool Closed		CHILD CARE HOURS MON - FRIDAY 8:30 am - 2:15 pm SATURDAY Not Available SUNDAY 8:00 AM - 2:00 PM				
8:30 PM					MON - FRIDAY SATURDAY SUNDAY						
9:00 PM							CLUB HOURS MON-THURS 5AM - 11PM FRIDAY 5AM - 8PM SAT 730am - 1pm SUN 7:30AM - 5PM INQUIRE AT MEMBER SERVICES DESK OR CHECK THE WEBSITE FOR HOLIDAY HOURS AND POOL CLOSING INFO				
9:30 PM	<i>Mens Only</i> Swim 8:30 - 11pm	<i>Mens Only</i> Swim 8:30 - 11pm	<i>Mens Only</i> Swim 8:30 - 11pm	<i>Mens Only</i> Swim 8:30 - 11pm							
10:00 PM											
10:30 PM											
11:00 PM	Pool Closes 11:00PM						WWW.LPXCLUB.COM 845-356-1900				

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