

WEEKLY POOL SCHEDULE

Through April 31st, 2021

Winter

DAY	TIME	AM/PM	CLASS	INSTRUCTOR	POOL
M	5:00-10:00	AM	LAP SWIMMING		Lap Pool
M	10:00-11:00	AM	Waves	Jane P.	Lap Pool
M	11:00-11:45	AM	Hydro-Pilates	Jane P.	Warm Water Pool
M	11:00-2:45	AM/PM	LAP SWIMMING		Lap Pool
M	2:45-4:45	PM	CVCA	CVCA	Lap Pool - 3 LANES TOTAL
M	3:00-7:00	PM	SPLASH Private Lessons	Varies	Lap & Warm Water Pool
M	5:00-7:30	PM	HEAT	HCER	Lap Pool - 4 LANES TOTAL
M	6:00-6:45	PM	Water In Motion	Amanda K.	Lap Pool
M	8:00-9:45	PM	LAP SWIMMING		Lap Pool
T	5:00-9:15	AM	LAP SWIMMING		Lap Pool
T	9:15-10:15	AM	Aqua Zumba	Amy T.	Lap Pool
T	10:30-2:45	AM/PM	LAP SWIMMING		Lap Pool
T	2:45-4:45	PM	CVCA	CVCA	Lap Pool - 4 LANES TOTAL
T	5:00-7:30	PM	HEAT	HCER	Lap Pool - 3 LANES TOTAL
T	5:30-7:50	PM	Red Cross Swim Lessons	Varies	Lap & Warm Water Pool
T	7:30-9:00	PM	HOBAN	HOBAN	Lap Pool - 3 LANES TOTAL
T	8:00-9:45	PM	LAP SWIMMING		Lap Pool
W	5:00-9:30	AM	LAP SWIMMING		Lap Pool
W	9:30-10:30	AM	Waves	Sue S.	Lap Pool
W	11:00-12:00	AM/PM	Water Tune Up	Sue S.	Warm Water Pool
W	12:00-1:00	PM	Hydro-Pilates	Cindy E.	Warm Water Pool
W	10:45-12:30	AM/PM	LAP SWIMMING		Lap Pool
W	12:30-1:30	PM	Silver Sneakers Splash	Sue S.	Lap Pool
W	1:30-2:45	PM	LAP SWIMMING		Lap Pool
W	2:45-4:45	PM	CVCA	CVCA	Lap Pool - 4 LANES TOTAL
W	3:00-6:00	PM	SPLASH Private Lessons	Varies	Lap & Warm Water Pool
W	5:00-7:30	PM	HEAT	HCER	Lap Pool - 3 LANES TOTAL
W	6:00-7:00	PM	SPLASH Kids Fit Swim	Varies	Lap & Warm Water Pool
W	7:30-9:00	PM	HOBAN	HOBAN	Lap Pool - 3 LANES TOTAL
W	7:45-9:45	PM	LAP SWIMMING		Lap Pool
TH	5:00-9:15	AM	LAP/OPEN SWIM		Lap Pool
TH	9:15-10:15	AM	Aqua Zumba	Amy T.	Lap Pool
TH	1:00-2:00	PM	Water Tune Up Plus	Amanda K/B	Warm Water Pool
TH	10:30-2:45	AM/PM	LAP SWIMMING		Lap Pool
TH	2:45-4:45	PM	CVCA	CVCA	Lap Pool - 4 LANES TOTAL
TH	5:00-7:30	PM	HEAT	HCER	Lap Pool - 3 LANES TOTAL
TH	5:30-7:50	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	11:00-12:00	AM/PM	Water Tune Up	Sue S.	Warm Water Pool
F	10:45-1:00	AM/PM	LAP SWIMMING		Lap Pool
F	1:00-2:00	PM	Silver Sneakers Splash	Anne S.	Lap Pool
F	2:00-2:45	PM	LAP SWIMMING		Lap Pool
F	2:45-4:45	PM	CVCA	CVCA	Lap Pool - 4 LANES TOTAL
F	5:00-7:30	PM	HEAT	HCER	Lap Pool - 4 LANES TOTAL
F	7:45-8:45	PM	LAP SWIMMING		Lap Pool
SAT	7:00-9:00	AM	LAP SWIMMING		Lap Pool

SAT	9:00-11:30	AM	Red Cross Swim Lessons	Varies	Lap & Warm Water Pool
SAT	10:00-3:00	AM/PM	SPLASH Private Lessons	Varies	Lap & Warm Water Pool
SAT	11:30-12:30	AM/PM	Waves	Amanda K.	Lap Pool
SAT	12:00-12:30	PM	SPLASH Kids Fit Swim	Varies	Lap & Warm Water Pool
SAT	1:45-6:45	PM	LAP SWIMMING		Lap Pool
SUN	7:00-7:45	AM/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.
- o Classes held in the lap pool share space with lap swimmers - check with class instructor(s) before class(es) start.
- 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.