



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall I Pool Schedule

Tues. September 5 – Sun. October 29

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|--|---|
| 8:00-9:30a.m. Adult Lap Swim *2 lap lanes available* | 5:30 – 8:30a.m. Adult Lap Swim | 5:30 – 9:00a.m. Adult Lap Swim | 5:30 – 8:30a.m. Adult Lap Swim | 5:30 – 9:00a.m. Adult Lap Swim | 5:30 – 9:00a.m. Adult Lap Swim | 6:00 – 8:30a.m. Adult Lap Swim |
| | 8:30 – 9:30a.m. Hydro Fit (NO OPEN SWIM) | 9:00a.m. – 12:00p.m. Open Swim | 8:30 – 9:30a.m. Hydro Fit (NO OPEN SWIM) | 9:00a.m. – 12:00p.m. Open Swim | 9:00 – 10:00a.m. Hydro Fit (NO OPEN SWIM) | |
| 9:30 – 12:50p.m. Group Lessons (NO OPEN SWIM) | 9:30a.m. – 12:00p.m. Open Swim | | 12:00 – 2:00p.m. POOL CLOSED | | 9:30a.m. – 12:00p.m. Open Swim | 12:00 – 2:00p.m. POOL CLOSED |
| 12:50 – 2:00p.m. Open Swim *1 or 2 lanes to be reserved for private swim lessons | 12:00 – 2:00p.m. POOL CLOSED | 12:00 – 2:00p.m. POOL CLOSED | | 12:00 – 2:00p.m. POOL CLOSED | 12:00 – 2:00p.m. POOL CLOSED | |
| 2:00 – 5:00p.m. Open Swim Please Note: Birthday Party Rentals may be scheduled during this time as well. Please call ahead 773.777.7500 to check pool availability. | 2:00-4:15p.m. Open Swim | 2:00-4:15p.m. Open Swim | 2:00-4:15p.m. Open Swim | 2:00-4:15p.m. Open Swim | 2:00pm-3:25pm Open Swim | 2:00 – 5:00p.m. Open Swim Please Note Birthday Party Rentals may be scheduled during this time as well. Please call ahead 773.777.7500 to check pool availability. |
| | 4:15 – 6:25p.m. Group Lessons *NO LAP SWIM | 4:15 – 6:25p.m. Group Lessons (1 lap lanes open) | 4:15 – 6:25p.m. Group Lessons *NO LAP SWIM | 4:15 – 6:25p.m. Group Lessons (1 lap lanes open) | 3:30 – 4:30p.m. After School Swim (NO OPEN SWIM) | |
| | 6:30pm-8:00pm Swim Team (NO OPEN SWIM) | 6:30-8:00pm Swim Team (NO OPEN SWIM) | 6:30pm-8:00pm Swim Team (NO OPEN SWIM) | 6:30-8:00pm Swim Team (NO OPEN SWIM) | 4:30pm-5:30pm Open Swim | |
| | 8:00 – 9:00p.m. Open Swim | 8:00 – 9:00p.m. Hydro Fit (1 lap swim lane open) | 8:00 – 9:00p.m. Open Swim | 8:00 – 9:00p.m. Open Swim | 5:30-8:00pm Swim Team (NO OPEN SWIM) | |
| | | | | | 8:00pm-9:00pm Open Swim | |
| | 9:00-9:45p.m. Adult Lap Swim | 9:00-9:45p.m. Adult Lap Swim | 9:00-9:45p.m. Adult Lap Swim | 9:00-9:45p.m. Adult Lap Swim | 9:00-9:45p.m. Adult Lap Swim | |



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall I Pool Schedule

Tues. September 5 – Sun. October 29

Adult Lap Swim Etiquette

| <u># of People in Lane</u> | <u>Direction Of Swim</u> | <p>Please inform other swimmers before hopping in the water and be aware of other swimmers abilities**</p> |
|----------------------------|--|--|
| 1 | Middle of Lane | |
| 2 | Circle Swim or Each Person Swims on One Side of Lane | |
| 3+ | Circle Swim! | <p><u>Lap Lane Abilities during Adult Lap Swim**</u></p> <p>Lane 1: Advance/ High Paced Sets</p> <p>Lane 2 & 3: Intermediate/ Medium Paced Swim</p> <p>Lane 4: Beginner/Weighted Exercisers</p> <p>**Lifeguards have final discretion of lanes if lanes are full</p> |

Please Note: When lap lanes are available, they are NOT available for open swim. You must use lap lanes for LAP SWIM ONLY.