



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Fall II Pool Schedule

Mon. October 30 – Sun. December 24

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 *Break from 6:50-7am	5:30 – 9:00a.m. Adult Lap Swim *Break from 6:50-7am	5:30 – 8:30a.m. Adult Lap Swim *Break from 6:50-7am	5:30 – 9:00a.m. Adult Lap Swim *Break from 6:50-7am	5:30 – 9:00a.m. Adult Lap Swim *Break from 6:50-7am	6:00 – 8:30a.m. Adult Lap Swim
	8:30 – 9:30a.m. Hydro Fit (NO OPEN SWIM)	9:00a.m. – 12:30p.m. Open Swim Break from 9:50-10am	8:30 – 9:30a.m. Hydro Fit (NO OPEN SWIM)	9:00a.m. – 12:30p.m. Open Swim Break from 9:50-10am	9:00 – 10:00a.m. Hydro Fit (NO OPEN SWIM)	
9:30 – 12:50p.m. Group Lessons (NO OPEN SWIM)	9:30a.m. – 12:30p.m. Open Swim *Break from 9:50-10am		9:30a.m. – 12:30p.m. Open Swim Break from 9:50-10am		10:00a.m. – 12:30p.m. Open Swim Break from 9:50-10am	8:30 – 12:40p.m. Group Lessons (NO OPEN SWIM)
12:50 – 2:00p.m. Open Swim *1 or 2 lanes to be reserved for private swim lessons	12:30 – 2:00p.m. POOL CLOSED	12:30 – 2:00p.m. POOL CLOSED	12:30 – 2:00p.m. POOL CLOSED	12:30 – 2:00p.m. POOL CLOSED	12:30 – 2:00p.m. POOL CLOSED	12:40 – 2:00p.m. Private Lessons (NO OPEN SWIM)
2:00 – 5:00p.m. Open Swim *Break from 3:50-4pm  <b>Please Note:</b> 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 *Break from 3:50-4pm
	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)	<b>Please Note</b> Birthday Party Rentals may be scheduled during this time as well.  Please call ahead 773.777.7500 to check pool availability.
	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)	
	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	



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## 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 &amp; 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.**