



Fall 1 Pool Schedule

September 4 – October 28

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:50a.m. Adult Lap Swim	5:30 – 6:50a.m. Adult Lap Swim	5:30 – 6:50a.m. Adult Lap Swim	5:30 – 6:50a.m. Adult Lap Swim	5:30 – 6:50a.m. Adult Lap Swim	5:30 – 6:50a.m. Adult Lap Swim	6:00 – 7:20a.m. Adult Lap Swim
	*Break from 6:50-7:00a.m.	*Break from 6:50-7:00am	*Break from 6:50-7:00a.m.	*Break from 6:50-7:00a.m.	*Break from 6:50-7:00a.m.	*Break from 7:20-7:30a.m.
8:50-1:00p.m. Group Swim Lessons	7:00 – 8:20a.m. Adult Lap Swim	7:00 – 8:50a.m. Adult Lap Swim	7:00 – 9:00a.m. Adult Lap Swim	7:00 – 8:50a.m. Adult Lap Swim	7:00 – 8:20a.m. Adult Lap Swim	7:30-8:40a.m. Adult Lap/Adult Open
	*Break from 8:20-8:30a.m.	*Break from 8:50-9:00a.m.	*Break from 9:00-9:15a.m.	*Break from 8:50-9:00a.m.	*Break from 8:20-8:30a.m.	
	8:30-9:30a.m. Hydro Fitness (No open swim)	9:00-10:20a.m. Open Swim	9:15-10:15a.m. Hydro Fitness (No open swim) Starting 9/12	9:00-10:20a.m. Open Swim	8:30-9:30a.m. Hydro Fitness (NO OPEN SWIM)	8:50-1:00p.m . Group Swim lessons
	9:30-10:20a.m. Open Swim	*Break from 10:20-10:30am	*Break from 10:15-10:30a.m.	*Break from 10:20-10:30a.m.	9:30-10:20a.m. Open Swim	1:00-2:00p.m. Private Lessons
			10:30-12:00p.m. Open Swim			
1:00-2:00p.m. Private Lessons	*Break from 10:20-10:30a.m.	10:30-12:00pm Open Swim	12:00 – 2:00p.m. POOL CLOSED	10:30-12:00p.m. Open Swim	*Break from 10:20-10:30am.	2:00-3:20p.m. Open Swim
2:00-3:20p.m. Open Swim	10:30-12:00p.m. Open Swim	12:00 – 2:00p.m. POOL CLOSED	2:00-4:00p.m. Open Swim	12:00 – 2:00p.m. POOL CLOSED	10:30-12:00p.m. Open Swim	*Break from 3:20-3:30p.m.
*Break from 3:20-3:30p.m.	12:00 – 2:00p.m. POOL CLOSED	2:00-4:00p.m. Open Swim	4:15-6:25p.m. Group Swim lessons	2:00-4:00p.m. Open Swim	12:00 – 2:00p.m. POOL CLOSED	3:30-5:00p.m. Open Swim Please Note: Birthday Party Rentals may be scheduled during this time as well. Please call ahead 773.777.7500
3:30-5:00p.m. Open Swim Please Note: Birthday Party Rentals may be scheduled during this time as well. Please call ahead 773.777.7500	2:00-4:00p.m. Open Swim	4:15-6:25p.m. Group Swim lessons	6:30pm-8:00p.m. Swim Team (NO OPEN SWIM)	4:15-6:25p.m. Group Swim lessons	2:00pm-3:25p.m. Open Swim	
	4:15-6:25p.m. Group Swim lessons	6:30pm-8:00p.m. Swim Team (NO OPEN SWIM)	8:10 – 9:15p.m. Adult Lap Swim	6:30pm-8:00p.m. Swim Team (NO OPEN SWIM)	3:30 – 4:30p.m. After School Swim (NO OPEN SWIM)	
	6:30pm-8:00p.m. Swim Team (NO OPEN SWIM)	8:10 – 9:15p.m. Adult Lap Swim		8:10 – 9:15p.m. Adult Lap Swim	4:30pm-8:00p.m. Swim Team (NO OPEN SWIM)	
	8:10 – 9:15p.m. Adult Lap Swim			8:10 – 9:15p.m. Adult Lap Swim	8:10 – 9:15p.m. Adult Lap Swim	



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Adult Lap Swim Etiquette

<u># of People in Lane</u>	<u>Direction Of Swim</u>	Please inform other swimmers before hopping in the water and be aware of other swimmers abilities**
1	Middle of Lane	
2	Circle Swim or Each Person Swims on One Side of Lane	
3+	Circle Swim!	

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

***10 – Minute safety break throughout the day have been added for the safety of all members. The pool and deck will be cleared during these times**

***Private lessons may be scheduled at various times throughout the day .**

Lap Lane Abilities during Adult Lap Swim**

Lane 1: Advance/ High Paced Sets

Lane 2 & 3: Intermediate/ Medium Paced Swim

Lane 4: Beginner/Weighted Exercisers

**Lifeguards have final discretion of lanes if lanes are full