

**DAILY POOL FEES:**

Youth (3-13) Res: \$4.00 / Non-Res: \$8.00

Adult (Over 13) Res: \$5.00 / Non-Res: \$9.00

# POOL SCHEDULE:

## March 31 - June 8, 2019



987 Civic Center Dr Niles, IL 60714  
847-588-8400  
www.nilesfitness.com

**Note: Any person entering any of the fitness center areas must pay the appropriate fees even if they are not participating.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
LAP SWIM 7:00-8:55 A.M.	LAP SWIM 5:30-8:40 A.M.	LAP SWIM 5:30-7:55 A.M.	LAP SWIM 5:30-7:55 A.M.	LAP SWIM 5:30-7:55 A.M.	LAP SWIM 5:30-7:55 A.M.	LAP SWIM 7:00-7:55 A.M.	
<u>AQUA BOOT CAMP</u> 9:00-9:50 A.M.	<u>HYDRO FIT</u> 8:45-9:35 A.M.	<u>HYDRO FIT</u> 8:00-8:50 A.M.	ADULT OPEN SWIM 8:00-9:00 A.M.	<u>HYDRO FIT</u> 8:00-8:50 A.M.	ADULT OPEN SWIM 8:00-9:00 A.M.	<u>HYDRO CONDITIONING</u> 8:00-8:50 A.M.	
ADULT OPEN SWIM 10:00-11:00 A.M.	<u>HYDRO CONDITIONING</u> 10:00-10:55A.M.	<u>HYDRO CONDITIONING</u> 9:10-10:00 A.M.	<u>HYDRO CONDITIONING</u> 9:00-9:50 A.M.	<u>HYDRO CONDITIONING</u> 9:10-10:00 A.M.	<u>HYDRO CONDITIONING</u> 9:00-9:50 A.M.	<b>SWIM LESSONS 9:00-11:00 A.M. POOL CLOSED (HOT TUB OPEN)</b>	
LAP SWIM 11:00 A.M.-11:55 P.M.	LAP SWIM 11:00 A.M.-1:00 P.M.	ADULT OPEN SWIM 10:05-11:30 A.M.	<u>HYDRO CONDITIONING</u> 10:10-11:00 A.M.	ADULT OPEN SWIM 10:05-11:30 A.M.	<u>HYDRO CONDITIONING</u> 10:10-11:00 A.M.	ADULT OPEN SWIM & PRIVATE LESSONS 11:00 A.M.-11:55 P.M. (One Lap Lane)	
<b>FAMILY OPEN SWIM 12:00-4:45 P.M. Slide Closes 4:30 P.M.</b>	ADULT OPEN SWIM 1:00-2:55 P.M.	<u>AQUA FOR HEALTH ***</u> 10:15 A.M.-11:00 A.M. *Specialty class	LAP SWIM 11:05 A.M.-1:00 P.M.	<u>AQUA FOR HEALTH***</u> 10:15 A.M.-11:00 A.M. *Specialty class	LAP SWIM 11:05 A.M.-1:00 P.M.	<b>FAMILY OPEN SWIM 12:00-4:45 P.M.</b>	
<p><b>THE WATER SLIDE OPENS AT 4:00 P.M. MON- FRI AND 12:00 P.M. SAT &amp; SUN!</b></p> <p><b>PLEASE NOTE: PRIVATE SWIM LESSONS MAY OCCUR AT ANY TIME</b></p>	<b>FAMILY OPEN SWIM 3:00-5:45 P.M.</b>	LAP SWIM 11:30 A.M.-1:00 P.M.	ADULT OPEN SWIM 1:00-2:55 P.M.	LAP SWIM 11:30 A.M.-1:00 P.M.	ADULT OPEN SWIM 1:00-2:55 P.M.	<p><b>ALL PERSONS IN POOL AREA MUST WEAR AN APPROVED SWIM SUIT WITH A LINER</b></p> <p>Guardians of children in swim les- sons may wear street clothes if shoes are off.</p>	
	<u>HYDRO FIT</u> 6:00-6:50 P.M.	LAP SWIM 11:30 A.M.-1:00 P.M.	ADULT OPEN SWIM 1:00-2:55 P.M.	LAP SWIM 11:30 A.M.-1:00 P.M.	ADULT OPEN SWIM 1:00-2:55 P.M.		
	<b>SWIM CLUB 7:00-8:15 P.M. POOL CLOSED (HOT TUB OPEN)</b>	ADULT OPEN SWIM 1:00-2:55 P.M.	<b>FAMILY OPEN SWIM 3:00-4:45 P.M.</b>	<b>SWIM LESSONS 5:00-7:00 P.M. POOL CLOSED (HOT TUB OPEN)</b>	ADULT OPEN SWIM 1:00-2:55 P.M.		<b>FAMILY OPEN SWIM 3:00-8:45 P.M. Slide Closes 8:30 P.M.</b>
	LAP SWIM 8:15-9:45 P.M.	ADULT OPEN SWIM 1:00-2:55 P.M.	<b>SWIM LESSONS 5:00-8:00 P.M. POOL CLOSED (HOT TUB OPEN)</b>	<u>AQUA BOOT CAMP</u> 7:00-7:50 P.M.	ADULT OPEN SWIM 1:00-2:55 P.M.		<u>AQUA BOOT CAMP</u> 6:00-6:50 P.M.
	LAP SWIM 8:15-9:45 P.M.	LAP SWIM 8:00-9:45 P.M.	POOL , SAUNA & HOT TUB CLOSED 8:10 P.M.	<b>FAMILY OPEN SWIM 3:00-5:45 P.M.</b>	<u>AQUA BOOT CAMP</u> 6:00-6:50 P.M.		
				<b>SWIM CLUB 7:00-8:15 P.M. POOL CLOSED (HOT TUB OPEN) LAP SWIM 8:15-9:45 P.M.</b>	<b>FAMILY OPEN SWIM 3:00-8:45 P.M. Slide Closes 8:30 P.M.</b>		



# WATER INSTRUCTORS MAY / JUNE 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1. 9am Susan 10:10am Karen 7pm Deanna	2. 8am Cindy* 9:10am Karen 6pm Marimel	3. 9am _____* 10:10 Karen*	4. 8am Duvia Aqua Zumba
5. 9am Deanna	6. 8:45am Susan 10am Susan* 6pm Karen	7. 8am Cindy 9:10am Carol	8. 9am Susan 10:10am Karen 7pm Deanna	9. 8am Cindy* 9:10am Karen 6pm Marimel	10 9am Susan* 10:10 Karen*	11. 8am Karen
12. 9am Deanna	13. 8:45am Susan 10am Susan* 6pm Marimel	14. 8am Cindy 9:10am Karen	15. 9am Susan 10:10 Karen* 7pm Deanna	16. 8am Cindy* 9:10am Karen* 6pm Marimel	17. 9am Susan* 10:10am Karen	18. 8am Debbie
19. 9am Deanna	20. 8:45am Susan 10am Susan* 6pm Karen	21. 8am Cindy 9:10am Carol	22. 9am Susan 10:10am Karen 7pm Deanna	23. 8am Cindy* 9:10am Karen 6pm Marimel	24. 9am Susan* 10:10 Karen*	25. 8am Duvia Aqua Zumba
26. 9am Deanna	27. 8:45am Susan 10am Susan* 6pm Marimel	28. 8am Cindy 9:10am Karen	29. 9am Susan 10:10 Karen* 7pm Deanna	30. 8am Cindy* 9:10am Karen 6pm Marimel	31. 9am Susan* 10:10am Karen	June 1. 8am Duvia Aqua Zumba
2. 9am Deanna	3. 8:45am Susan 10am Susan* 6pm Karen	4. 8am Cindy 9:10am Carol	5. 9am Susan 10:10am Karen 7pm Deanna	6. 8am Cindy* 9:10am Karen 6pm Marimel	7. 9am Susan* 10:10am Karen*	8. 8am Debbie
9. 9am Deanna	10. 8:45am Susan 10am Susan* 6pm Marimel	11. 8am Cindy 9:10am Karen	12. 9am Susan 10:10 Karen* 7pm Deanna	13. 8am Cindy* 9:10am Karen 6pm Marimel	14. 9am Susan* 10:10am Karen	15. 8am Duvia Aqua Zumba
16. 9am Deanna	17. 8:45am Susan 10am Susan* 6pm Karen	18. 8am Cindy 9:10am Karen	19. 9am Susan 10:10am Karen 7pm Deanna	20. 8am Cindy* 9:10am Karen 6pm Marimel	21. 9am Susan* 10:10 Karen*	22. 8am Duvia Aqua Zumba
23. 9am Deanna	24. 8:45am Susan 10am Susan* 6pm Marimel	25. 8am Cindy 9:10am Karen	26. 9am Susan 10:10am Karen 7pm Deanna	27. 8am Cindy* 9:10am Karen 6pm Marimel	28. 9am Susan* 10:10 Karen*	29. 8am Duvia Aqua Zumba
30. 9am Deanna						

**NOTE: Classes that are starred\* will not use music**