

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:

September 3 - December 14, 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.	SWIM LESSONS 9:00-11:00 A.M.	
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.	POOL CLOSED (Hot Tub Open)	
FAMILY OPEN SWIM 12:00-4:45 P.M. Slide Closes 4:30 P.M.	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.	ADULT OPEN SWIM 11:00 A.M.-11:55 P.M. (One Lap Lane)	
<p>THE WATER SLIDE OPENS AT 4:00 P.M. MON- FRI AND 12:00 P.M. SAT & SUN!</p> <p>PLEASE NOTE: PRIVATE SWIM LESSONS MAY OCCUR AT ANY TIME</p>	FAMILY OPEN SWIM 3:00-5:45 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.	FAMILY OPEN SWIM 12:00-4:45 P.M. Slide Closes: 4:30 P.M.	
	<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.	ADULT OPEN SWIM 1:00-2:55 P.M.	ADULT OPEN SWIM 1:00-2:55 P.M.	<p>All persons in pool area must have an approved swim suit on.</p> <p>Guardians of children in swim les- sons may wear street clothes if shoes are off.</p>	
	SWIM CLUB 7:00-8:15 P.M. POOL CLOSED (Hot Tub Open)	ADULT OPEN SWIM 1:00-2:55 P.M.	FAMILY OPEN SWIM 3:00-4:45 P.M.	SWIM LESSONS 5:00-7:00 P.M. POOL CLOSED (Hot Tub Open)	ADULT OPEN SWIM 1:00-2:55 P.M.		FAMILY OPEN SWIM 3:00-5:45 P.M.
	LAP SWIM 8:15-9:45 P.M.	SWIM LESSONS 5:00-8:00 P.M. POOL CLOSED (Hot Tub Open)	FAMILY OPEN SWIM 3:00-4:45 P.M.	<u>AQUA BOOT CAMP</u> 7:00-7:50 P.M.	FAMILY OPEN SWIM 3:00-5:45 P.M.		FAMILY OPEN SWIM 3:00-8:45 P.M. Slide Closes 8:30 P.M.
	LAP SWIM 8:15-9:45 P.M.	LAP SWIM 8:00-9:45 P.M.	POOL CLOSED 8:15 P.M.	<u>AQUA BOOT CAMP</u> 6:00-6:50 P.M.	SWIM CLUB 7:00-8:15 P.M. POOL CLOSED (Hot Tub Open)		
				LAP SWIM 8:15-9:45 P.M.	LAP SWIM 8:15-9:45 P.M.		



WATER INSTRUCTORS NOV /DEC 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1. 9am Susan* 10:10 Karen*	2. 8am Aqua Zumba w/ Duvia
3. 9am Deanna	4. 8:45am Susan 10am Susan* 6pm Marimel	5. 8am Cindy 9:10am Karen	6. 9am Susan 10:10am Karen 7pm Deanna	7. 8am Cindy* 9:10am Cindy 6pm Marimel	8 9am Susan* 10:10 Cindy*	9. 8am Debbie
10. 9am Deanna	11. 8:45am Becca 10am Susan* 6pm Karen	12. 8am Cindy 9:10am Carol	13. 9am Susan 10:10 Karen* 7pm Deanna	14. 8am Cindy* 9:10am Karen* 6pm Marimel	15. 9am Susan* 10:10am Karen	16. 8am Aqua Zumba w/ Duvia
17. 9am Becca	18. 8:45am Susan 10am Susan* 6pm Marimel	19. 8am Cindy 9:10am Karen	20. 9am Susan 10:10am Karen 7pm Deanna	21. 8am Cindy* 9:10am Karen 6pm Marimel	22. 9am Susan* 10:10 Karen*	23. 8am Julie
24. 9am Deanna	25. 8:45am Aqua Zumba w/ Patrizia 10am Susan* 6pm Karen	26. 8am Cindy 9:10am Carol	27. 9am Susan 10:10 Karen* 7pm Deanna	28. Thanksgiving Closed	29. 9am Susan* 10:10am Karen	30. 8am Aqua Zumba w/ Duvia
Dec 1. 9am Deanna	2. 8:45am Susan 10am Susan* 6pm Marimel	3. 8am Susan B 9:10am Karen	4. 9am Susan 10:10am Karen 7pm Deanna	5. 8am Susan B* 9:10am Karen 6pm Marimel	6. 9am Susan* 10:10am Karen*	7. 8am Debbie
8. 9am Deanna	9. 8:45am Susan 10am Susan* 6pm Karen	10. 8am Cindy 9:10am Carol	11. 9am Susan 10:10 Karen* 7pm Deanna	12. 8am Cindy* 9:10am Karen 6pm Marimel	13. 9am Susan* 10:10am Karen	14. 8am Aqua Zumba w/ Duvia
15. 9am Deanna	16. 8:45am Aqua Zumba w/ Patrizia 10am Susan* 6pm Marimel	17. 8am Cindy 9:10am Karen	18. 9am Susan 10:10am Karen 7pm Deanna	19. 8am Cindy* 9:10am Karen 6pm Marimel	20. 9am Susan* 10:10 Karen*	21. 8am Aqua Zumba w/ Duvia
22. 9am Deanna	23. 8:45am Aqua Zumba w/ Patrizia 10am Susan* 6pm Karen	24. No Classes	25. Christmas Day Closed	26. 8am Cindy* 9:10am Karen 6pm Marimel	27. 9am Susan* 10:10 Karen*	28. 8am Aqua Zumba w/ Duvia
29. 9am Deanna	30. 8:45am Susan 10am Susan* 6pm Marimel	31. 8am No Class 9:10am Karen	New Year's Day Closed			

NOTE: Classes that are starred* will not use music