

Reservations required for lap swim AND Aquacise classes.
 Lap swim: ONLY 1 person per lane. (patrons can share a lane with other members in their household). 1 hour time slots available. Please visit www.nilesfitness.com to reserve your time. Bring your own towel.

POOL SCHEDULE: October 19– December 24, 2020



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
LAP SWIM 7:00-8:30 AM	LAP SWIM 5:30-8:30 AM	LAP SWIM 5:30-7:30 AM	LAP SWIM 5:30-8:30 AM	LAP SWIM 5:30-7:30 AM	LAP SWIM 5:30-8:30 AM	LAP SWIM 7:00-7:55 AM
<u>AQUACISE</u> 9:00-9:50 AM	<u>AQUACISE</u> 8:45-9:35 AM	<u>AQUACISE</u> 8:00-8:50 AM	<u>AQUACISE</u> 9:00-9:50 AM	<u>AQUACISE</u> 8:00-8:50 AM	<u>AQUACISE</u> 9:00-9:50 AM	<u>AQUACISE</u> 8:00-8:50 AM
LAP SWIM & PRIVATES 10:00-12:30	<u>AQUACISE</u> 10:00-10:50 AM	<u>AQUACISE</u> 9:15-10:05 AM	<u>AQUACISE</u> 10:15-11:05 AM	<u>AQUACISE</u> 9:15-10:05 AM	<u>AQUACISE</u> 10:15-11:05 AM	SWIM CLUB 9 AM.-10:15 AM
LAP SWIM 12:30-2:45	LAP SWIM 11:00 AM.-3:30 PM	LAP SWIM 10:30-4:00 PM	LAP SWIM 11:30 AM-4:00 PM	LAP SWIM 10:30 AM-3:30PM	LAP SWIM 11:30-7:30 PM	VARSITY CLUB 10:45 AM-12 PM
	LAP & PRIVATE 3:30-4:30	SWIM CLUB 4:15-5:30 PM	VARSITY CLUB 4:00-5:15PM	LAP & PRIVATE 3:30-4:30		LAP & PRIVATE 12-1:30
	VARSITY CLUB 4:30 - 5:45 PM	VARSITY CLUB 5:45-7 PM	VARSITY CLUB 5:30-6:45 PM	VARSITY CLUB 4:30 - 5:45 PM		LAP SWIM 1:30 PM-2:45 PM
	<u>AQUACISE</u> 6:00-6:50 PM	LAP & PRIVATE 7-8:00pm	<u>AQUACISE</u> 7:00-7:50 PM	<u>AQUACISE</u> 6:00-6:50 PM		
	LAP & PRIVATE 7– 8:00 PM	LAP SWIM 8:00-8:45	LAP SWIM 8:00-8:45	LAP & PRIVATE 7-8:00 PM		
	LAP SWIM 8:00-8:45			LAP SWIM 8:00-8:45		
ALL PERSONS IN POOL AREA MUST WEAR AN APPROVED SWIM SUIT WITH A LINER						Guardians of children in swim lessons may wear street clothes if shoes are off.