

# Lakeview Fitness Pool Schedule

January 6th - March 22nd, 2020



	Sunday					Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					
	Lanes				Shallow	Lanes				Shallow	Lanes				Shallow	Lanes				Shallow	Lanes				Shallow	Lanes				Shallow						
	1	2	3	4		1	2	3	4		1	2	3	4		1	2	3	4		1	2	3	4		1	2	3	4		1	2	3	4	1	
5:30 AM	Closed					Adult Swim (5:30-4)					Adult Swim (5:30-4)					Adult Swim (5:30-4)					Adult Swim (5:30-3:30)					Closed					5:30 AM					
6:00 AM	Closed					Adult Swim (5:30-4)					H2O Aero. (7:30-8:30)					H2O Aero. (7:30-8:30)					H2O Aero. (7:30-8:30)					Adult Swim (6:30-8:30)					6:00 AM					
6:30 AM	Closed					H2O Yoga. (8-9)					H2O Aero. (9-10)					H2O Aero. (8-9)					H2O Combat. (8-9)					Swim Lessons (8:30-1)					6:30 AM					
7:00 AM	Closed					H2O Aero. (9-10)					Adult Swim (8-12)					H2O Combat. (9-10)					H2O Aero. (9-10)					Learner Swim (10-11)					7:00 AM					
7:30 AM	Closed					Adult Swim (8-12)					Adult Swim (5:30-4)					Adult Swim (5:30-4)					Adult Swim (5:30-4)					Swim Lessons (8:30-1)					7:30 AM					
8:00 AM	Closed					Adult Swim (5:30-4)					Adult Swim (5:30-4)					Adult Swim (5:30-4)					Adult Swim (5:30-4:00)					Open Swim (1-7:30)					8:00 AM					
8:30 AM	Closed					Swim Lessons (4-6)					Swim Lessons (4-6)					Swim Lessons (4-6)					Dolphin Swim Club (4:00-5:30pm)					Swim Team (5:30-9)					8:30 AM					
9:00 AM	Closed					Swim Team (5:30-9)					Swim Team (5:30-9)					Swim Team (5:30-9)					Swim Team (5:30-9)					Open Swim (5:30-9:45)					9:00 AM					
9:30 AM	Closed					Open Swim (6-9:45)					Open Swim (6-9:45)					Open Swim (6-9:45)					Open Swim (5:30-9:45)					Open Swim (5:30-9:45)					9:30 AM					
10:00 AM	Closed					Swim Lessons (4-6)					Swim Lessons (4-6)					Swim Lessons (4-6)					Dolphin Swim Club (4:00-5:30pm)					Swim Team (5:30-9)					10:00 AM					
10:30 AM	Closed					Swim Team (5:30-9)					Swim Team (5:30-9)					Swim Team (5:30-9)					Swim Team (5:30-9)					Open Swim (5:30-9:45)					10:30 AM					
11:00 AM	Closed					Open Swim (6-9:45)					Open Swim (6-9:45)					Open Swim (6-9:45)					Open Swim (5:30-9:45)					Open Swim (5:30-9:45)					11:00 AM					
11:30 AM	Closed					Swim Lessons (4-6)					Swim Lessons (4-6)					Swim Lessons (4-6)					Dolphin Swim Club (4:00-5:30pm)					Swim Team (5:30-9)					11:30 AM					
12:00 PM	Closed					Swim Team (5:30-9)					Swim Team (5:30-9)					Swim Team (5:30-9)					Swim Team (5:30-9)					Open Swim (5:30-9:45)					12:00 PM					
12:30 PM	Closed					Open Swim (6-9:45)					Open Swim (6-9:45)					Open Swim (6-9:45)					Open Swim (5:30-9:45)					Open Swim (5:30-9:45)					12:30 PM					
1:00 PM	Closed					Swim Lessons (4-6)					Swim Lessons (4-6)					Swim Lessons (4-6)					Dolphin Swim Club (4:00-5:30pm)					Swim Team (5:30-9)					1:00 PM					
1:30 PM	Closed					Swim Team (5:30-9)					Swim Team (5:30-9)					Swim Team (5:30-9)					Swim Team (5:30-9)					Open Swim (5:30-9:45)					1:30 PM					
2:00 PM	Closed					Open Swim (6-9:45)					Open Swim (6-9:45)					Open Swim (6-9:45)					Open Swim (5:30-9:45)					Open Swim (5:30-9:45)					2:00 PM					
2:30 PM	Closed					Swim Lessons (4-6)					Swim Lessons (4-6)					Swim Lessons (4-6)					Dolphin Swim Club (4:00-5:30pm)					Swim Team (5:30-9)					2:30 PM					
3:00 PM	Closed					Swim Team (5:30-9)					Swim Team (5:30-9)					Swim Team (5:30-9)					Swim Team (5:30-9)					Open Swim (5:30-9:45)					3:00 PM					
3:30 PM	Closed					Open Swim (6-9:45)					Open Swim (6-9:45)					Open Swim (6-9:45)					Open Swim (5:30-9:45)					Open Swim (5:30-9:45)					3:30 PM					
4:00 PM	Closed					Swim Lessons (4-6)					Swim Lessons (4-6)					Swim Lessons (4-6)					Dolphin Swim Club (4:00-5:30pm)					Swim Team (5:30-9)					4:00 PM					
4:30 PM	Closed					Swim Team (5:30-9)					Swim Team (5:30-9)					Swim Team (5:30-9)					Swim Team (5:30-9)					Open Swim (5:30-9:45)					4:30 PM					
5:00 PM	Closed					Open Swim (6-9:45)					Open Swim (6-9:45)					Open Swim (6-9:45)					Open Swim (5:30-9:45)					Open Swim (5:30-9:45)					5:00 PM					
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6:00 PM	Closed					Swim Team (5:30-9)					Swim Team (5:30-9)					Swim Team (5:30-9)					Swim Team (5:30-9)					Open Swim (5:30-9:45)					6:00 PM					
6:30 PM	Closed					Open Swim (6-9:45)					Open Swim (6-9:45)					Open Swim (6-9:45)					Open Swim (5:30-9:45)					Open Swim (5:30-9:45)					6:30 PM					
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7:30 PM	Closed					Swim Team (5:30-9)					Swim Team (5:30-9)					Swim Team (5:30-9)					Swim Team (5:30-9)					Open Swim (5:30-9:45)					7:30 PM					
8:00 PM	Closed					Open Swim (6-9:45)					Open Swim (6-9:45)					Open Swim (6-9:45)					Open Swim (5:30-9:45)					Open Swim (5:30-9:45)					8:00 PM					
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9:00 PM	Closed					Swim Team (5:30-9)					Swim Team (5:30-9)					Swim Team (5:30-9)					Swim Team (5:30-9)					Open Swim (5:30-9:45)					9:00 PM					

27-Dec

Lane numbers do not necessarily represent physical lane location. Schedule is subject to change based on class enrollment or special events.

Adult Swim indicates there is no lifeguard on duty, only patrons 18 years of age or older will be permitted to be on the pool deck. Please see reverse side for class descriptions.

# Vernon Hills Park District

## Lakeview Fitness

### Activity Descriptions

#### Lap Swim

There will always be one lane available for adults to swim. Swimmers 13 and older will be allowed to use the lanes for lap swimming only.

#### Adult Swim

During Adult Swim times only swimmers 18 years of age and older will be permitted to be on the pool deck. General Lap Swim rules are in effect.

#### Open Swim

Whether or not you are a member, you can drop in and go for a swim. Come in and use our pool to relax with the family. If you wish to use the splash zone, just ask a lifeguard to turn it on. Refer to the other side regarding Blue Slide hours.

#### Water Aerobics

A medium to low impact class for anyone who wants to improve cardio endurance and enhance body tone.

#### Swim Lessons

During Swim Lesson times, we offer a quality learning experience for our participants. To ensure the attention is focused on the lesson, we ask that there be no open swim during these times.

#### Swim Team - Turtles Swim Team

Our competitive swim team exists to benefit all children who show an interest in training and competing. Program objectives are to help these young athletes develop to their full potential while clarifying their personal values. The Team uses 3 lanes while in the pool.

#### Little Learners Preschool Swim

We offer a time for our childcare program to come in and use our pool.

### Lap Swimming Etiquette

1. Please swim in a counter-clockwise pattern.
2. Notify all swimmers in a lane before you enter and begin swimming.
3. When entering a lane, give the current swimmer the right of way.
4. Limit the amount of time resting at the end of the lane. Please move to the side of the lane when resting.
5. Patrons performing other activities, such as water aerobics or water walking, are asked to swim in the square area located by the waterslide when there is a high volume of lap swimmers.
6. When all lanes are in use, please use the lane that best suits your swimming ability (slow, medium or fast) not the most open lane.

## Daily Drop-in Rates

<u>Age</u>	<u>R/NR Fee</u>
Adult (19+)	\$9/\$11
Senior	\$7/\$9
Youth (4-18)	\$5/\$7
Children (0-3)	FREE



#### Lakeview Fitness

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 Aquatic Office - 847.996.3489