

* Family Swim Fees:

Residents drop-in rate:
\$5 child / \$6 adult

Non-Residents drop-in rate:
\$9 child / \$10 adult

POOL SCHEDULE:

September 18-October 29



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
LAP SWIM 7:00-8:45 AM	LAP SWIM 5:30-8:30 AM	LAP SWIM 5:30-7:45 AM	LAP SWIM 5:30-8:45 AM	LAP SWIM 5:30-7:45 AM	LAP SWIM 5:30-8:45 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 & PRIVATEES 10:00-12:00	<u>AQUACISE</u> 9:50-10:40 AM	<u>AQUACISE</u> 9:05-9:55 AM	<u>AQUACISE</u> 10:10-11:00 AM	<u>AQUACISE</u> 9:05-9:55 AM	<u>AQUACISE</u> 10:05-10:55 AM	Group Lessons (Pool Closed) 9:00-11:35
Birthday Party (Pool Closed) 12:00-3:00 PM	Adult Open Swim 10:45 -12:00 PM	Aqua for Health * Fee Required* 10:00-10:45 AM (9/20-10/25)	Aqua for Pilates * Fee Required* 11:05-11:50 PM (9/21-10/26)	Aqua for Health * Fee Required* 10:00- 10:45 AM (9/22-10/27)	LAP SWIM 11:00- 12:00 PM	Private Lessons (Pool Closed) 11:35-12:30 PM
LAP SWIM 3:00-3:45 PM	LAP SWIM 12:00-2:00	LAP SWIM 11:00-1:00	LAP SWIM 12:00-2:00PM	LAP SWIM 11:00-1:00	Aqua For Health *Fee Required* 12:05-12:50 PM (9/23-10/28)	Birthday Party 12:00-3:45 PM
ALL PERSONS IN POOL AREA MUST WEAR AN APPROVED SWIM SUIT WITH A LINER	Adult Open Swim 2:00-3:55 PM	Adult Open Swim 1:00-4:45	Adult Open Swim 2:00-4:45 PM	Adult Open Swim 1:00-4:15 PM	Adult Open Swim 1:00-4:00 PM	*Family Swim 12:30-3:45 PM
	Private Lessons (Pool Closed) 4:00 - 6:00	Group Lessons (Pool Closed) 5:00-7:00pm	Group Lessons (Pool Closed) 5:00-7:00pm	SWIM CLUB 4:30 - 5:45 PM	* Family Swim 4:00-7:45	
	<u>AQUACISE</u> 6:00-6:50 PM	Group Lessons (Pool Closed) 5:00-7:00pm	<u>AQUACISE</u> 7:00-7:50 PM	<u>AQUACISE</u> 6:00-6:50 PM		
	<u>AQUA TABATA</u> *Fee Required 7:05-7:50	Group Lessons (Pool Closed) 5:00-7:00pm	<u>AQUACISE</u> 7:00-7:50 PM	<u>AQUACISE</u> 6:00-6:50 PM		
	LAP SWIM 8:00-9:15	Varsity Club 7-8:15 PM	Varsity Club 7-8:15 PM	Varsity Club 7-8:15 PM		
	LAP SWIM 8:00-9:15	LAP SWIM 8:15-9:15PM	8:10-9:30 PM Pool and Hot Tub Closed for staff training and Hot Tub cleaning	LAP SWIM 8:15-9:15 PM		Guardians of children in swim lessons may wear street clothes if shoes are off.