

**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: January 6 - March 23, 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</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. Slide Closes: 4:30 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.	<b>FAMILY OPEN SWIM 3:00-4:45 P.M.</b>	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 have an approved swim suit on.</b></p> <p><b>Guardians of children in swim les- sons may wear street clothes if shoes are off.</b></p>
	<u>HYDRO FIT</u> 6:00-6:50 P.M.	ADULT OPEN SWIM 1:00-2:55 P.M.	<b>SWIM LESSONS 5:00-7:00 P.M. POOL CLOSED</b>	ADULT OPEN SWIM 1:00-2:55 P.M.	<b>FAMILY OPEN SWIM 3:00-5:45 P.M.</b>	
	<b>SWIM CLUB 7:00-8:15 P.M. POOL CLOSED</b>	<b>FAMILY OPEN SWIM 3:00-4:45 P.M.</b>	<b>SWIM LESSONS 5:00-8:00 P.M. POOL CLOSED</b>	<b>FAMILY OPEN SWIM 3:00-5:45 P.M.</b>	<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.	<b>FAMILY OPEN SWIM 3:00-4:45 P.M.</b>	LAP SWIM 8:00-9:45 P.M.	<u>AQUA BOOT CAMP</u> 7:00-7:50 P.M.	<u>AQUA BOOT CAMP</u> 6:00-6:50 P.M.	
				POOL CLOSED 8:15 P.M.	<b>SWIM CLUB 7:00-8:15 P.M. POOL CLOSED</b>	
				LAP SWIM 8:15-9:45 P.M.		



# WATER INSTRUCTORS Jan / Feb 2019

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

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