

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 5 - April 11, 2020



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 FIT</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.-12:00 P.M.	LAP SWIM 11:00 A.M.-1:00 P.M.	ADULT OPEN SWIM 10:00-11:30 A.M.	<u>HYDRO CONDITIONING</u> 10:10-11:00 A.M.	ADULT OPEN SWIM 10:00-11:30 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 11:00 A.M.-1:00 P.M.	<u>AQUA FOR HEALTH***</u> 10:15 A.M.-11:00 A.M. *Specialty class	LAP SWIM 11:00 A.M.-1:00 P.M.	ADULT OPEN SWIM & PRIVATE LESSONS 11:00 A.M.-12:00 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.
	<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.	LAP SWIM 11:30 A.M.-1:00 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 lessons 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.	FAMILY OPEN SWIM 3:00-4:45 P.M.	ADULT OPEN SWIM 1:00-2:55 P.M.	
	LAP SWIM 8:15-9:45 P.M.	<u>HYDRO FIT</u> 6:00-6:50 P.M.	SWIM LESSONS 5:00-8:00 P.M. POOL CLOSED (HOT TUB OPEN)	SWIM LESSONS 5:00-7:00 P.M. POOL CLOSED (HOT TUB OPEN)	ADULT OPEN SWIM 1:00-2:55 P.M.	
		SWIM CLUB 7:00-8:15 P.M. POOL CLOSED (HOT TUB OPEN)	LAP SWIM 8:00-9:45 P.M.	<u>HYDRO CONDITIONING</u> 7:00-7:50 P.M.	FAMILY OPEN SWIM 3:00-5:45 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)	FAMILY OPEN SWIM 3:00-8:45 P.M. Slide Closes 8:30 P.M.	
				LAP SWIM 8:15-9:45 P.M.		