



# CORE Indoor Pool Schedule

## November 15th-21st

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM	CLOSED	MASTERS (5:30-6:30)	Lap Swim	MASTERS (5:30-6:30)	Lap Swim	CLOSED	CLOSED
6:00 AM		Lap Swim	Swim Team (4 lanes)/ Lap Swim (2 lanes)	Lap Swim	Swim Team (4 lanes)/ Lap Swim (2 lanes)	MASTERS	
7:00 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:00 AM	Lap Swim	Aqua Strength 640220-11/ Lap swim (2 lanes)	Lap Swim	Lap Swim	Deep Aqua 640222-12/ Lap swim (2 lanes)	Lap Swim	Lap Swim
9:00 AM	Lap Swim	Shallow Aqua 640221-11/ Lap swim (2 lanes)	Deep Aqua 640222-11/ Lap swim (2 lanes)	Shallow Aqua 640221-12/ Lap swim (2 lanes)	Deep Aqua 640222-13/ Lap swim (2 lanes)	Senior Swim	Lap Swim
10:00 AM	Lap Swim	Lap Swim	Lap Swim	Shallow Aqua 640221-13/ Lap swim (2 lanes)	Lap Swim	Lap Swim	Lap Swim
11:00 AM	Lap Swim	Senior Swim	Senior Swim	Lap Swim	Senior Swim	Lap Swim	Lap Swim
12:00 PM	Lap Swim	Lap Swim	Lap Swim	Senior Swim	Lap Swim	Lap Swim	Lap Swim
1:00 PM	Lap/ Open Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap/ Open Swim
2:00 PM	Lap/ Open Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap/ Open Swim
3:00 PM	Lap/ Open Swim	LHS Swim	LHS Swim	LHS Swim	LHS Swim	Lap Swim	Lap/ Open Swim
4:00 PM	Lap/ Open Swim					Lap Swim	Lap/ Open Swim
5:00 PM	CLOSED	Swim Team/Swim Lessons (6 lanes)	Swim Team/Swim Lessons (6 lanes)	Swim Team/Swim Lessons (6 lanes)	Swim Team/Swim Lessons (6 lanes)	Lap Swim	CLOSED
6:00 PM						Lap Swim	
7:00 PM						Lap Swim	
8:00 PM			MASTERS		MASTERS	CLOSED	

Lap Swim/ Open Swim will be available on a first come, first serve basis.

**Please be considerate of social distancing and sharing lanes with other lap swimmers.**

Questions or Concerns? Please contact Christine Aguirre, Aquatic and Risk Manager, at 630.257.6787 x3002 or at [caguirre@lemontparks.org](mailto:caguirre@lemontparks.org)



## Swim Lesson, Swim Team, and Aqua Aerobics Registration Information

**Lap Swimming:** Lap swim is a time designated for constant lap swimming and/or moving through the water in an exercise manner. Lap swim is open to patrons 10 yrs. old and up. At this time, shared equipment will not be available i.e. kick boards, pull buoys, etc. You may bring your own equipment. There will also be a limited amount of deck chairs available.

**Lap Swimming Registration:** Lap Swim will be available on a first come, first serve basis and swimmers will no longer need to reserve a lane ahead of time! Two family members and/or friends may share a lane if they choose. Lap swim is available for one hour a day per person.

**Lap Swimming Prices:** FREE! For CORE or CORE-Fit Members  
\$7 per Lap Swim Time Slot- Adults Non-members

**Private Swim Lessons:** Private swim lessons are based on participant and instructor availability. Semi-private lessons are limited to 2 participants per instructor. The Lemont Park District does not pair semi-private swim lessons partners up. The lesson be submitted as a pair. No shows or cancellations received less than 24hours before scheduled on appointment will be charged to the client. There are no refunds on private lessons and they must be scheduled within 6 months of the purchase date. The participant is expected to be punctual and understand the instructors may have lesson immediately preceding or following their swim lesson. The instructor is not obligated to stay after the allotted time scheduled for your lesson. You must purchase your private lesson at the time of filling out your request form or your form may not be processed. Age 7 and up

**Private Swim Lessons Registration:** Registration is completed through the Private Lesson Request Form and by purchasing a private swim lesson package at the CORE Service Desk.

**Private Swim Lessons Prices:** Please see the Private Swim Lesson Request Form for pricing information.

**Dolphins Swim Team:** Dolphins Swim Team is a USA Swimming Youth Age Group Swim Team. At this time we are hosting Pod Practices for current and returning Dolphins Swim Team Members. In August we will open the Pod Practices up for additional participants. All NEW swim team participants must complete a practice group placement prior to registering for swim team activities.

**Dolphins Swim Team Registration:** Pod Practice registration can be completed on-line at [www.lemontparkdistrict.org](http://www.lemontparkdistrict.org) or at the CORE or CCC Service Desks.

**Dolphins Swim Team Prices:** Please see the website [www.lemontdolphins.com](http://www.lemontdolphins.com) for pricing and more swim team information.

**Senior Swim:** Senior Swim is dedicated time for our seniors to exercise at their own leisure beyond an Aqua Aerobics Class.

**Aqua Fitness:** Each week different class formats will be utilized such as Deep and Shallow Water Fitness.

**Deep Water Aerobics:** The unique physical properties of water provide support, resistance and assistance to help you achieve your goals. Exercising in deep water reduces weight bearing stress by 90%! The positive effects of water training go beyond joint off-loading and cardiovascular fitness.

**Shallow Water Aerobics:** This aqua class is energetic and includes a mix of cardio, strength, toning and stretching in the aquatic environment. This is a great workout and offers a twist from the traditional studio type course. Modification are available for those that are new, recovering from an injury or just want a slower pace

**Aqua Motion:** This aqua class is an energetic mix of cardio, strength, toning and stretching in the aquatic environment. This is a great workout and offers a twist from the traditional studio type course. Modifications are available for those that are new, recovering from injury or just want a slower pace.

**Aqua Aerobics Registration:** Registration begins the Sunday before the week of classes at 7am through [www.webtrac.lemontparkdistrict.org](http://www.webtrac.lemontparkdistrict.org)