



## CORE Indoor Pool Schedule July 18-24

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM	CLOSED	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	CLOSED
6:00 AM		Lap Swim (2 lanes)/ LHS Swim (4 lanes)	Lap Swim (2 lanes)/ LHS Swim (4 lanes)	Lap Swim (2 lanes)/ LHS Swim (4 lanes)	Lap Swim (2 lanes)/ LHS Swim (4 lanes)	Lap Swim (2 lanes)/ LHS Swim (4 lanes)	
7:00 AM	Lap Swim	Lap Swim (2 lanes)/ LHS Swim (4 lanes)	Lap Swim (2 lanes)/ LHS Swim (4 lanes)	Lap Swim (2 lanes)/ LHS Swim (4 lanes)	Lap Swim (2 lanes)/ LHS Swim (4 lanes)	Lap Swim (2 lanes)/ LHS Swim (4 lanes)	Lap Swim
8:00 AM	Lap Swim	Lap Swim (4 lanes)/ Swim Lessons @ 8:30 (2 lanes)	Lap Swim (4 lanes)/ Swim Lessons @ 8:30 (2 lanes)	Lap Swim (4 lanes)/ Swim Lessons @ 8:30 (2 lanes)	Lap Swim (4 lanes)/ Swim Lessons @ 8:30 (2 lanes)	Lap Swim	Lap Swim (4 lanes)/ Swim Lessons @ 8:30 (2 lanes)
9:00 AM	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Lap Swim	Swim Lessons
10:00 AM	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Lap Swim	Swim Lessons
11:00 AM	Lap Swim	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Lap Swim	Swim Lessons
12:00 PM	Lap Swim	Lap swim (4 lanes)/ Private Lessons (2 lanes)	Lap swim (4 lanes)/ Private Lessons (2 lanes)	Lap swim (4 lanes)/ Private Lessons (2 lanes)	Lap swim (4 lanes)/ Private Lessons (2 lanes)	Lap Swim	Lap swim (4 lanes)/ Private Lessons (2 lanes)
1:00 PM	SEASPAR (4 lanes)/ Lap Swim (2 lanes)	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	SEASPAR (4 lanes)/ Lap Swim (2 lanes)
2:00 PM	SEASPAR (4 lanes)/ Lap Swim (2 lanes)	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	SEASPAR (4 lanes)/ Lap Swim (2 lanes)
3:00 PM	Lap Swim	Dolphins (5 lanes)/ Private lessons (1 lane)	Lap Swim	Dolphins (5 lanes)/ Private lessons (1 lane)	Lap Swim	Dolphins (5 lanes)/ Private lessons (1 lane)	Lap Swim
4:00 PM	Lap Swim	Dolphins (4 lanes)/SEASPAR (1 lane)/Private lessons (1 lane)	Lap Swim (4 lanes)/ Private Lessons (2 lanes)	Dolphins (5 lanes)/ Private lessons (1 lane)	Lap Swim (4 lanes)/ Private Lessons (2 lanes)	Dolphins (5 lanes)/ Private lessons (1 lane)	Lap Swim
5:00 PM	CLOSED	Dolphins (4 lanes)/SEASPAR (1 lane)/Private lessons (1 lane)	Lap Swim (4 lanes)/ Private Lessons (2 lanes)	Dolphins (5 lanes)/ Private lessons (1 lane)	Lap Swim (4 lanes)/ Private Lessons (2 lanes)	Dolphins (5 lanes)/ Private lessons (1 lane)	CLOSED
6:00 PM		Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Lap Swim (4 lanes)/ Private Lessons (2 lanes)	
7:00 PM		Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Lap Swim (4 lanes)/ Private Lessons (2 lanes)	
8:00 PM		Lap Swim	Lap Swim	Lap Swim	Lap Swim	CLOSED	

Schedule is subject to last minute changes, please be willing to share a lane with other members. Private lessons must be given lane space.

Questions or Concerns? Please contact Meaghan Bower, Aquatic Supervisor, at 630.257.6787 x3003 or at mbower@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 14 yrs. old and up.

**Lap Swimming Registration:** Lap Swim will be available on a first come, first serve basis and swimmers will need to register online for their timeslot.

**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.

**Aqua Aerobics:** Aqua Aerobics Class are limited to 20 people total per class. Registration is online and opens at 7am on Sunday for the entire week.

**Masters Swimming:** For your every day lap swimmer through swim team veterans, Masters Swim Team provides structured workouts with a coach on deck to offer instant feedback and hands-on assistance in improving swimming technique, efficiency and speed. This program is designed to help improve fitness and/or train for specific goals and offer active support for a healthy lifestyle through friendship and camaraderie. Program members are allowed to swim at any of the practice times. Minimum requirement is the ability to swim 8 lengths of the pool.