



CORE Indoor Pool Schedule May 22-28

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|--|---|---|---|---|---|---|
| 5:00 AM | CLOSED | Lap Swim (1 Lane)/ Masters 5:30-6:30am (5 lanes) | Lap Swim | Lap Swim (1 Lane)/ Masters 5:30-6:30am (5 lanes) | Lap Swim | Lap Swim (1 Lane)/ Masters 5:30-6:30am (5 lanes) | CLOSED |
| 6:00 AM | | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | |
| 7:00 AM | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim |
| 8:00 AM | Lap Swim (4 lanes)/ LG Class (2 lanes) | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim |
| 9:00 AM | Lap Swim (4 lanes)/ LG Class (2 lanes) | Aqua Aerobics | Aqua Aerobics | Aqua Aerobics | Aqua Aerobics | Aqua Aerobics | Lap Swim |
| 10:00 AM | Lap Swim (4 lanes)/ LG Class (2 lanes) | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim |
| 11:00 AM | Pool Party (3 lanes)/ LG Class (2 lanes)/ Lap Swim (1 lane) | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim |
| 12:00 PM | Pool Party (3 lanes)/ LG Class (2 lanes)/ Lap Swim (1 lane) | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim |
| 1:00 PM | Lap Swim (4 lanes)/ LG Class (2 lanes) | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim |
| 2:00 PM | Lap Swim (4 lanes)/ LG Class (2 lanes) | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim (3 lanes)/ Swim Lesson Training (3 Lanes) |
| 3:00 PM | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Pool Party NO LAP SWIM |
| 4:00 PM | Lap Swim | Dolphins (4:30) (4 lanes)/ Private Lessons (2 lanes) | Dolphins (4:30) (4 lanes)/ Private Lessons (2 lanes) | Dolphins (4:30) (4 lanes)/ Private Lessons (2 lanes) | Dolphins (4:30) (4 lanes)/ Private Lessons (2 lanes) | Dolphins (4:30) (4 lanes)/ Private Lessons (2 lanes) | |
| 5:00 PM | CLOSED | Dolphins (4:30) (4 lanes)/ Private Lessons (2 lanes) | Dolphins (4 lanes)/ Private Lessons (2 lanes) | Dolphins (4 lanes)/ Private Lessons (2 lanes) | Dolphins (4 lanes)/ Private Lessons (2 lanes) | Dolphins (4 lanes)/ Private Lessons (2 lanes) | CLOSED |
| 6:00 PM | | Dolphins (4 lanes)/ Group Lessons (2 lanes)* | Dolphins (4 lanes)/ Private Lessons (2 lanes) | Dolphins (4 lanes)/ Group Lessons (2 lanes)* | Dolphins (4 lanes)/ Private Lessons (2 lanes) | Dolphins (4 lanes)/ Private Lessons (2 lanes) | |
| 7:00 PM | | Dolphins (4 lanes)/ Group Lessons (2 lanes)* | Dolphins (4 lanes)/ Private Lessons (2 lanes) | Dolphins (4 lanes)/ Group Lessons (2 lanes)* | Dolphins (4 lanes)/ Private Lessons (2 lanes) | Dolphins (4 lanes)/ Private Lessons (2 lanes) | |
| 8:00 PM | | Lap Swim | MASTERS | Lap Swim | MASTERS | Lap Swim | |

Lap Swim will be available on a first come, first serve basis and must accommodate to private swimming lessons.

*** Group Lessons end at 7:20 pm Monday, Wednesday, and Friday, and one lap lane will be available at the conclusion of lessons.**

This facility is not protected by lifeguards. Persons under the age of 16 must be accompanied by a parent, guardian or other responsible person at least 16 years of age. Swimming alone is not recommended. Lap swim in this color designates "No Guard on Duty"

Interested in becoming a lifeguard? Please contact Meaghan Bower, Aquatic Supervisor, at 630.257.6787 x3003 or at mbower@lemontparks.org

Descriptions

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. You may be asked to share a lane for lap swimming.

Lap Swimming Registration: Lap Swim will be available on a first come, first serve basis and must accommodate to private swimming lessons.

Lap Swimming Prices: FREE for CORE and CORE-Fit Members.

Lap swim in this color designates "No Guard on Duty." This facility is not protected by lifeguards. Persons under the age of 16 must be accompanied by a parent, guardian or other responsible person at least 16 years of age. Swimming alone is not recommended.

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 must be submitted as a pair.

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.

Group Swimming Lessons: Group swimming lessons are offered on Monday, Wednesday, and Friday evening from 6:00-7:20 pm and Saturday mornings 8:25-11:50am. Please visit the front desk for information on registration for next session!

Dolphins Swim Team: The Dolphins swim team practices from 5:00-8:45pm Monday, Wednesday, Friday, and 6:30-8:45 pm Tuesdays and Thursdays. Be sure to check the pool schedule for lap swim availability as it is limited in the evening times.

Aqua Aerobics: Aqua Aerobics Class Monday-Friday at 9 am. Registration is online and opens at 7 am 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.