



CORE Indoor Pool Schedule May 29-June 4

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM	CLOSED	CLOSED	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	
7:00 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
8:00 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
9:00 AM	Lap Swim	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Lap Swim
10:00 AM	Lap Swim	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)	CLOSED	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
1:00 PM	Lap Swim		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
2:00 PM	Lap Swim (3 lanes)/ Swim Lesson Training (3 Lanes)		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
3:00 PM	Lap Swim (3 lanes)/ Swim Lesson Training (3 Lanes)		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
4:00 PM	Lap Swim (3 lanes)/ Swim Lesson Training (3 Lanes)		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
5:00 PM	CLOSED	CLOSED	Lap Swim	Lap Swim	Lap Swim	Lap Swim	CLOSED
6:00 PM			Lap Swim	Lap Swim	Lap Swim	Lap Swim	
7:00 PM			Lap Swim	Lap Swim	Lap Swim	Lap Swim	
8:00 PM			CLOSED	CLOSED	CLOSED	CLOSED	

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.**

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.