Updated 9.01.26

POOL SCHEDULE

CLUB FITNESS
A FACILITY OF THE ADDISON PARK DISTRICT

FALL 2026 SEPTEMBER 1 – 30

Pool lane availability is subject to change due to rentals, swim lessons, and scheduled programming.

CLUB FITNESS
A FACILITY OF THE ADDISON PARK DISTRICT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Member lap swim 5:00 – 10:00 AM	**Member lap swim** 5:00 – 9:15 AM	**Member lap swim** 5:00 – 10:00 AM	**Member lap swim** 5:00 –9:15AM	**Member lap swim** 5:00 – 10:00 AM	**Member lap swim** 6:00 AM- 4:45 PM	**Member lap swim** 7:00 AM - 4:45 PM
Aqua Energizer 10:00–11:00AM (Lanes 1-5) Estelle	**Aqua Motion** 9:15–10:15 AM (Lanes 1-5) Liubov	**Aqua Energizer** 10:00 –11:00 AM (Lanes 1-5) Sharon	**Aqua Motion** 9:15–10:15 AM (Lanes 1-5) Linda	**Aqua Energizer** 10:00–11:00 AM (Lanes 1-5) Sharon		
Water Volleyball 11:30AM – 1PM (3 lanes, 4,5,6,) Member lap swimming Stroke & Variety Lane 3	**Member lap swim** 10:15 AM – 4:30PM	**Water Volleyball** 11:30– 1:00 PM (3 lanes, 4,5,6,) Member lap swimming Stroke & Variety Lane 3	**Member lap swim** 10:15 AM – 4:30 PM	**Water Volleyball** 11:30AM – 1PM (3 lanes, 4,5,6,) Member lap swimming Stroke & Variety Lane 3		
Lap swim 1:00 - 4:30PM		**Lap swim** 1:00 - 3:30PM		**Lap swim** 1:00 - 9:45 PM	**Pool / Spa Sauna / Steam Room** **Hours of operation** **Monday- Friday** 5:00 AM - 9:45 PM **Saturday** 6:00 AM – 4:45 PM **Sunday** 7:00 AM – 4:45 PM	
NEDSRA (2/9) 1:00-2:00 PM (Lanes 1-2)		**Aquafit HH** 3:30-4:30PM (Lanes 1-5) Linda				
Swim Lessons (Lanes 3, 4,5,6) 4:30- 7:00PM	**Swim Lessons** (Lanes 3, 4,5,6) 4:30 – 7:00PM	**Swim Lessons** (Lanes 3, 4,5,6) 4:30 –7:00PM	**Swim Lessons** (Lanes 3, 4,5,6) 4:30-7:00PM			
Aqua Zumba 7:15 – 7:55 PM (Lanes 1-4) Sarah-Beth	**Swim Clinic** 7:00 – 8:00 PM (Lanes 5 & 6)	**Aqua Zumba** 7:15 – 7:55 PM (Lanes 1-4) Sarah-Beth	**Swim Clinic** 7:00 – 8:00 PM (Lanes 5 & 6)			
Member lap swim 8:05 – 9:45 PM	**Member lap swim** 8:05 – 9:45 PM	**Member lap swim** 8:05 – 9:45 PM	**Member lap swim** 8:05 – 9:45 PM			

Member Lap Swim: No Lifeguard on duty.

Persons 15 years and younger must be always accompanied in the pool by a responsible person 16 years or older.

Children under the age of 16 are not allowed to use the Spa, Sauna, or Steam Room.

*** Pool lane availability is subject to change due to rentals, swim lessons, and scheduled programming. You may contact the front desk prior to your visit to check current availability.**

*** Pool lane dividers for lanes 1-5 will be removed for class 15 minutes before class time. Lane 6 will remain available during classes.**

* **Swim Stroke Only: Lanes 3-6** are for continuous swimming utilizing actual swim strokes including, but not limited to freestyle, backstroke, breaststroke, butterfly, sidestroke, etc. During open swim a pool lane may be reserved for private swim lessons without notice.

***Aquatic Exercise: Lanes 1-2** are for a variety of pool uses that includes, but not limited to therapy, water walking, stationary exercises, etc

* During open swim a pool lane may be occupied with physical therapy or private swim lessons. No swim stroke allowed on lanes 1-2.

*Aqua Group Fitness Class Reservation -Sign in Sheet (36 Participants) will be placed out the day of class.