Updated 10.29.26

CLUB FITNESS
A FACILITY OF THE ADDISON PARK DISTRICT

# POOL SCHEDULE

## FALL 2026 NOV 1-30

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) Estelle | | | **Aqua Energizer** 10:00–11:00 AM (Lanes 1-5) Estelle/Linda | | |
| **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 | | **NEDSRA** Swim Clinic 1pm-3pm (2 lanes) |
| **Lap swim** 1:00 - 4:30PM | | **Lap swim** 1:00 - 3:30PM | | **Lap swim** 1:00 - 9:45 PM | **Pool / Spa Sauna / Steam Room** | |
| **NEDSRA (2/9)** 1:00-2:00 PM ( Lanes 1-2) | | | | | **Hours of operation** | |
| **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 | | **Monday- Friday** 5:00 AM - 9:45 PM | |
| **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) | | **Saturday** 6:00 AM – 4:45 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** 8:05 – 9:45 PM | | **Sunday** 7:00 AM – 4:45 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.**

*** Please be advised that private swim lessons may take place at any time and will require the use of a pool lane without prior notice.**
*** 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.