



FAMILY AQUATIC CENTER SCHEDULE

SUMMER 2023

Begins May 27-August 20

Except for holidays, Special Events and Swim Meets.

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY														
		LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE													
AM	5:30	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-8am	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-9am	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-8am AQUA CARDIOTONE 7-7:50am CARDIO & PILATES 8-8:45am	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-9am	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-9am																	
	6:00																											
	6:30																											
	7:00																											
	7:30											LAP SWIMMING	WATER WALKING 7-8am	LAP SWIMMING	WATER WALKING 7-8am													
	8:00	AQUA BATA 8-8:50am		FLUID RUNNING* 8-8:55am		FLUID RUNNING* 8-8:55am		FLUID RUNNING* 8-8:55am		FLUID RUNNING* 8-8:55am		LIMITED LANES	SWIM LESSONS 8-Noon		LIMITED LANES	SWIM LESSONS 8-Noon												
	8:30																											
	9:00	LIMITED LANES	SWIM LESSONS 9am-12:30pm		LIMITED LANES	SWIM LESSONS 9am-12:30pm		LIMITED LANES	SWIM LESSONS 9am-12:30pm		LAP SWIMMING																	
	9:30																											
	10:00																											
	10:30																											
	11:00																											
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	12:00																											
	12:30																											
PM	1:00	LAP SWIMMING	OPEN SWIM 12:30-3:30pm	LAP SWIMMING	OPEN SWIM 1-3:30pm	LAP SWIMMING	OPEN SWIM 12:30-3:30pm	LAP SWIMMING	OPEN SWIM 1-3:30pm	LAP SWIMMING	OPEN SWIM 12-12:50am	LAP SWIMMING	OPEN SWIM 12-3:30pm	LAP SWIMMING	OPEN SWIM 12-3:30pm													
	1:30																											
	2:00																											
	2:30																											
	3:00																											
	3:30	LIMITED LANES	SWIM LESSONS 3:30-5pm	LIMITED LANES	SWIM LESSONS 3:30-5pm	LIMITED LANES	SWIM LESSONS 3:30-5pm	LIMITED LANES	SWIM LESSONS 3-5pm	LIMITED LANES	SWIM LESSONS 3-7pm	SWIM LESSONS 3-7pm																
	4:00																											
	4:30	LIMITED LANES	SWIM LESSONS 3:30-7pm	LIMITED LANES	SWIM LESSONS 3:30-7pm	LIMITED LANES	SWIM LESSONS 3:30-7pm	LIMITED LANES	SWIM LESSONS 3-7pm	SWIM TEAM 5-8pm																		
	5:00																											
	5:30																											
	6:00	SWIM TEAM 5-8pm		SWIM TEAM 5-8pm		SWIM TEAM 5-8pm		SWIM TEAM 5-8pm									SWIM TEAM 5-8pm											
	6:30																											
	7:00	LIMITED LANES	OPEN SWIM 7-9pm	LIMITED LANES	OPEN SWIM 7-9pm	LIMITED LANES	OPEN SWIM 7-9pm	LIMITED LANES	OPEN SWIM 7-9pm	LIMITED LANES	OPEN SWIM 7-9pm																	
	7:30																											
	8:00	LIMITED LANES	LAP SWIMMING 8-9pm	LIMITED LANES	LAP SWIMMING 8-9pm	LIMITED LANES	LAP SWIMMING 8-9pm	LIMITED LANES	LAP SWIMMING 8-9pm	LIMITED LANES	LAP SWIMMING 8-9pm																	
	8:30																											
	9:00																											

Hot tub closes at 8pm on Wednesdays for weekly cleaning.

Non-Member Admission Fee:
Admission Fee: \$12 | In-District Rate: \$10 | Children 2 and under are free.

*Not included in membership. Register on line or in person drop in.

See Splash Island Schedule and classes breakdown on the backside.



Hot tub closes at 8pm on
Wednesdays for weekly cleaning.

Non-Member Admission Fee:

Admission Fee: \$12 | In-District Rate: \$10 | Children 2 and under are free.

The Aquatic Center will close at 1pm on the dates of the Stars swim meets.

There will be no lap swimming Mon-Thur 5-7pm and Tue/Thur during Fluid Running 8-9am. We will do our best to ensure at least 2 lanes are available during all other programming time slots as noted with LIMITED LANES above.



SPLASH ISLAND SCHEDULE

SUMMER 2023

Begins May 27-August 20

Except for holidays, Special Events and Swim Meets.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM						OPEN SWIM 10am-3:30pm	OPEN SWIM 10am-3:30pm
2:00 PM	OPEN SWIM 10am-8pm	OPEN SWIM 10am-8pm	OPEN SWIM 10am-8pm	OPEN SWIM 10am-8pm	OPEN SWIM 10am-8pm	NOTE: There will be Splash Island Limited Hours for August 21-30.	
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM							



AQUATIC CLASSES SCHEDULE

Magenta classes are taught by Kathy
Blue classes are taught by Shelly

MONDAY:

CLASS
AquaBata

TIME
8-8:50am

TUESDAY:

CLASS
Fluid Running*
Arthritis Therapy

TIME
8-8:55am
12-12:50pm

WEDNESDAY:

CLASS
Aqua Cardio Tone
Cardio & Pilates

TIME
7-7:50am
8-8:45pm

THURSDAY:

CLASS
Fluid Running*
Water Aerobics

TIME
8-8:55am
12-12:50pm

FRIDAY:

CLASS
Water Aerobics
Arthritis Therapy
Water Aerobics

TIME
9-9:50am
10-10:50am
11-11:50am

*Not included in membership. Register on line or in person drop in.



HOME MEET SCHEDULE

Date	Opposing Team	Warm-up Time	Meet Start Time
Fri 6/23	Lake Bluff	5:00pm	6:00pm
Fri 7/21	Elk Grove	5:00pm	6:00pm

The Aquatic Center will close at 4pm on the dates of the Stars swim meets.

Mon-Fri 5pm-8pm practices

SPECIAL HOURS

May 29: Holiday – pool closes at 12:30pm

June 3: Cori's Tri – late open 10am

June 23: STARS Swim Meet – pool closes at 4:30pm

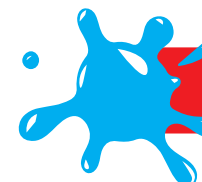
July 4: Holiday – pool closed all day

July 21: STARS Swim Meet – pool closes at 4:30pm

August 21: Indoor Pool Annual Maintenance Shut Down – FAC INDOOR CLOSED

August 21-31: Limited Outdoor Splash Island Hours

Sept 1-8: FULL FAC INDOOR/OUTDOOR CLOSED



**See Family Aquatic Center
Schedule on the backside.**

LAST UPDATED: 03/15/2023