



# FAMILY AQUATIC CENTER SCHEDULE

WINTER 2022

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
5:30														
6:00														
6:30														
7:00	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-9am	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	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-9am			LAP SWIMMING	WATER WALKING 7-8am
7:30														
8:00														
8:30	FLUID RUNNING 8-8:55am			AQUA BATA 8-8:50am	FLUID RUNNING 8-8:55am			PILATES PLUS AQUA 8-8:50am	FLUID RUNNING 8-8:55am					
9:00														
9:30		AQUA CARDIOTONE 9-9:50am	FLUID RUNNING 9-9:55am	SELF-LED EXERCISE 9-10am		AQUA FUSION 9-9:50am	FLUID RUNNING 9-9:55am	SELF-LED EXERCISE 9-10am		AQUA CARDIOTONE 9-9:50am				
10:00	LAP SWIMMING	ARTHRITIS THERAPY 10-10:50am	LAP SWIMMING	ARTHRITIS THERAPY 10-10:50am	LAP SWIMMING	ARTHRITIS THERAPY 10-10:50am	LAP SWIMMING	ARTHRITIS THERAPY 10-10:50am	LAP SWIMMING	ARTHRITIS THERAPY 10-10:50am				
10:30														
11:00		AQUA LOW IMPACT 11-11:50pm		AQUA LOW IMPACT 11-11:50am		AQUA CARDIOTONE 11-11:50am		AQUA LOW IMPACT 11-11:50am		AQUA LOW IMPACT 11-11:50am				
11:30														
12:00														
12:30						AQUA LOW IMPACT 12-12:50pm								
1:00	LAP SWIMMING	OPEN SWIM 12-3pm	LAP SWIMMING	OPEN SWIM 12-3pm	LAP SWIMMING	OPEN SWIM 12-3pm	LAP SWIMMING	OPEN SWIM 12-3pm	LAP SWIMMING	OPEN SWIM 12-3pm				
1:30														
2:00														
2:30														
3:00														
3:30	LIMITED LANES	SWIM LESSONS 3-5pm	LIMITED LANES	SWIM LESSONS 3-5pm	LIMITED LANES	SWIM LESSONS 3-5pm	LIMITED LANES	SWIM LESSONS 3-5pm	LIMITED LANES	SWIM LESSONS 3-5pm				
4:00														
4:30														
5:00		SWIM LESSONS 3-6:30pm		SWIM LESSONS 3-6:30pm		SWIM LESSONS 3-6:30pm		SWIM LESSONS 3-6:30pm		SWIM LESSONS 3-6:30pm				
5:30														
6:00														
6:30	SWIM TEAM 5-8:30pm		SWIM TEAM 5-8:30pm		SWIM TEAM 5-8:30pm		SWIM TEAM 5-8:30pm		SWIM TEAM 5-8:30pm					
7:00														
7:30	LIMITED LANES		LIMITED LANES		LIMITED LANES		LIMITED LANES		LIMITED LANES					
8:00		OPEN SWIM 6:30-9:30pm		OPEN SWIM 6:30-9:30pm		OPEN SWIM 6:30-9:30pm		OPEN SWIM 6:30-9:30pm		OPEN SWIM 6:30-9:30pm				
8:30														
9:00	LAP SWIMMING 8:30-9:30pm		LAP SWIMMING 8:30-9:30pm		LAP SWIMMING 8:30-9:30pm		LAP SWIMMING 8:30-9:30pm		LAP SWIMMING 8:30-9:30pm					
9:30														

**Non-Member Admission Fee:**

Resident: \$10 | Non-Resident: \$12 | 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 weekday mornings during Fluid Running. 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.

LAST UPDATED: 12/22/2021

See Stars Swim home meet schedule and classes breakdown on the backside.

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



# AQUATIC CLASSES SCHEDULE



WINTER 2022

Except for holidays, Special Events and Swim Meets.

## MONDAY:

CLASS	TIME
Fluid Running	8-8:55am
Aqua Cardio Tone	9-9:50am
Arthritis Therapy	10-10:50am
Aqua Low Impact	11-11:50am

## TUESDAY:

CLASS	TIME
AquaBata (HIIT and tabata intervals)	8-8:50am
Fluid Running	9-9:55am
Arthritis Therapy	10-10:50am
Aqua Low Impact	11-11:50am

## WEDNESDAY:

CLASS	TIME
Fluid Running	8-8:55am
Aqua Fusion (cardio, some dance, toning)	9-9:50am
Arthritis Therapy	10-10:50am
Aqua Cardio Tone	11-11:50am
Aqua Low Impact	12-12:50pm

## THURSDAY:

CLASS	TIME
Pilates Plus Aqua	8-8:50am
Fluid Running (Senior Class)	9-9:55am
Arthritis Therapy	10-10:50am
Aqua Low Impact	11-11:50am

## FRIDAY:

CLASS	TIME
Fluid Running	8-8:55am
Aqua Cardio Tone	9-9:50am
Arthritis Therapy	10-10:50am
Aqua Low Impact	11-11:50am

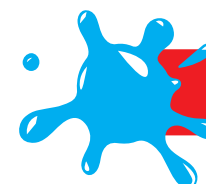
Magenta classes are taught by Kathy  
Blue classes are taught by Shelly



## HOME MEET SCHEDULE

Date	Opposing Team	Warm-up Time	Meet Start Time
Sat 12/11	Carol Stream	1:30pm	2:00pm
Sat 1/22	Elk Grove	1:30pm	2:00pm
Sat 1/29	Bolingbrook	1:30pm	2:00pm
Sat 2/19	Schaumburg	1:30pm	2:00pm

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



See Family Aquatic Center  
Schedule on the backside.

LAST UPDATED: 12/22/2021