



FAMILY AQUATIC CENTER SCHEDULE

SUMMER 2024

June 1 - August 11

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 5:30-9am	LAP SWIMMING	WATER WALKING & SELF-LED EXERCISE 5:30-8am	MASTERS SWIM TEAM 6-7am	WATER WALKING & SELF-LED EXERCISE 5:30-9am	LIMITED LANES MASTERS SWIM TEAM 6-7am	WATER WALKING & SELF-LED EXERCISE 5:30-9am				
7:30						AQUA CARDIOTONE 7-7:50am					LAP SWIMMING	WATER WALKING 7-8am	LAP SWIMMING	WATER WALKING 7-8am
8:00						CARDIO & PILATES 8-8:45am								
8:30			FLUID RUNNING* 8-8:55am				FLUID RUNNING* 8-8:55am							
9:00														
9:30				ARTHRITIS THERAPY 9-9:45am		ARTHRITIS THERAPY 9-9:45am								
10:00	LIMITED LANES	SWIM LESSONS 9am-12:30pm	LIMITED LANES	SWIM LESSONS 9am-12:30pm	LIMITED LANES	SWIM LESSONS 9am-12:30pm	LIMITED LANES	SWIM LESSONS 9am-12:30pm	LAP SWIMMING	WATER AEROBICS 9-9:50am	LIMITED LANES	SWIM LESSONS 8-Noon	LIMITED LANES	SWIM LESSONS 8-Noon
10:30										ARTHRITIS THERAPY 10-10:50am				
11:00										WATER AEROBICS 11-11:50am				
11:30														
12:00														
12:30														
1:00														
1:30	LAP SWIMMING	OPEN SWIM 12:30-3:30pm	LAP SWIMMING	OPEN SWIM 12:30-3:30pm	LAP SWIMMING	OPEN SWIM 12:30-3:30pm	LAP SWIMMING	OPEN SWIM 12:30-3:30pm	LAP SWIMMING	OPEN SWIM 12:30-8pm	LAP SWIMMING	OPEN SWIM 12-3:30pm	LAP SWIMMING	OPEN SWIM 12-3:30pm
2:00		WATER SLIDE ON		WATER SLIDE ON		WATER SLIDE ON		WATER SLIDE ON				WATER SLIDE ON		WATER SLIDE ON
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 3:30-5pm		WATER SLIDE ON				
4:00														
4:30		SWIM LESSONS 3:30-7pm		SWIM LESSONS 3:30-7pm		SWIM LESSONS 3:30-7pm		SWIM LESSONS 3:30-7pm						
5:00														
5:30	SWIM TEAM 5-8pm		SWIM TEAM 5-8pm		SWIM TEAM 5-8pm		SWIM TEAM 5-8pm							
6:00														
6:30														
7:00														
7:30	LIMITED LANES	MASTERS SWIM TEAM 8-9pm	LIMITED LANES	MASTERS SWIM TEAM 8-9pm	LIMITED LANES	MASTERS SWIM TEAM 8-9pm	LIMITED LANES	LAP SWIMMING 8-9pm						
8:00		OPEN SWIM 7-9pm		OPEN SWIM 7-9pm		OPEN SWIM 7-9pm		OPEN SWIM 7-9pm						
8:30														
9:00														

*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 7:30pm 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 4:30pm 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 2024

June 1 - August 11

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						NOTE: There will be Splash Island Limited Hours for August 12-31. Weekends only September 7-29.	
3:00 PM	OPEN SWIM 10am-8pm	OPEN SWIM 10am-8pm	OPEN SWIM 10am-8pm	OPEN SWIM 10am-8pm	OPEN SWIM 10am-8pm		
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

TUESDAY:

CLASS	TIME
Fluid Running*	8-8:55am
Arthritis Therapy	9-9:45am

WEDNESDAY:

CLASS	TIME
Aqua Cardio Tone	7-7:50am
Cardio & Pilates	8-8:45pm
Arthritis Therapy	9-9:45am

THURSDAY:

CLASS	TIME
Fluid Running*	8-8:55am

FRIDAY:

CLASS	TIME
Water Aerobics	9-9:50am
Arthritis Therapy	10-10:50am
Water Aerobics	11-11:50am

We understand the demand for more Aquatic Classes in the summer. We regularly review our registration numbers and explore options to adjust our schedule. If space and instructors are available, we will add more classes during the summer.

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



HOME MEET SCHEDULE

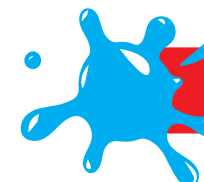
Date	Opposing Team	Warm-up Time	Meet Start Time
Fri 6/21	Lake Bluff & Elk Grove	5:00pm	6:00pm
Fri 6/28	Franklin Park	5:00pm	6:00pm

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

Monday-Thursday 5pm-8pm practices

SPECIAL HOURS

June 1st: Tom's Tri - late open 10am
 June 21: STARS Swim Meet - full FAC closes at 4pm including Splash Island
 June 28: STARS Swim Meet - full FAC closes at 4pm including Splash Island
 July 3rd: Pool Closes at 12:30pm
 July 4th: Holiday - pool closed all day
 August 12: Indoor Pool Annual Maintenance - FAC INDOOR CLOSED
 August 12 - September 13: Limited Outdoor Splash Island



See Family Aquatic Center
Schedule on the backside.

LAST UPDATED: 05/30/2024