

# Holiday Aquatics Schedule - December 20, 2025 - January 4, 2026

Please note, the class and instructor schedule are subject to change. Not a member? Purchase a Daily Admissions Pass at the Family Recreation Center Front Desk.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			SATURDAY		SUNDAY	
LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP	LEISURE	LAP		LEISURE	LAP	LEISURE	LAP	LEISURE
5:30-8am Lap Swimming	5:30-9am Water Walking & Self-Led Exercise	5:30-8am Lap Swimming	5:30-9am Water Walking & Self-Led Exercise	5:30-8am Lap Swimming	5:30-9am Water Walking & Self-Led Exercise	December 25 & January 1  CLOSED		6-7am Masters Swim Team	Limited Lanes	5:30-9am Water Walking & Self-Led Exercise	7am-5:30pm Lap Swimming	7am-12pm Water Walking & Self-Led Exercise	7am-5:30pm Lap Swimming	7am-12pm Water Walking & Self-Led Exercise
8-9am Fluid Running*	9-9:50am Cardio Tone Kathy	8-8:50am HIIT Bootcamp Sheryl	9-9:50am Balance & Flexibility Mary	8-9am Fluid Running*	9-9:50am Aqua Bata Kathy			8-9am Fluid Running*		9-9:50am Cardio Tone Shelly				
9am-9pm Lap Swimming	10-10:50am Arthritis Therapy Kathy	9-10am Fluid Running*	10-10:50am Arthritis Therapy Shelly	9am-12pm Lap Swimming	10-10:50am Arthritis Therapy Kathy			9am-9pm Lap Swimming	10-10:50am Arthritis Therapy Shelly					
	11-11:50am Aqua Low Impact Shelly		11-11:50am Aqua Low Impact Shelly		11-11:50am Aqua Low Impact Shelly									
	12-9pm Open Swim with Water Slide	9am-9pm Lap Swimming	12-9pm Open Swim with Water Slide	December 24 & December 31  Swim Central CLOSSES at 12:30pm					12-9pm Open Swim with Water Slide					
								<div>Fees<div>Non-Member Daily Fee: \$14</div><div>Non-Member In-District Daily Fee: \$10</div></div>		<div>Activities<div>Lap SwimmingArthritis Therapy</div><div>Fluid RunningAqua Low Impact</div><div>Water Walking &amp; Self-Led ExerciseBalance &amp; Flexibility</div><div>Cardio ToneHIIT Bootcamp</div><div>Aqua Bata</div></div>				

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

# Aquatic Class Descriptions



*At the Oak Brook Park District Family Recreation Center*

**AquaBata:** Challenge yourself with this aquatic combination of HIIT and Tabata style interval training. This is our most advanced class and is sure to get your heart rate up.

**Aqua Low Impact:** Using low impact moves focused on balance, posture, and mobility, participants can improve flexibility, increase muscle tone, increase cardiovascular endurance, enhance overall fitness, and have fun!

**Arthritis Water Therapy:** This water therapy class safely keeps your joints moving and improves your sense of well-being. Water is the ideal environment for relieving arthritis pain and stiffness; it allows you to exercise without putting excess strain on your joints and muscles. Class includes guidance from a trained and certified instructor.

**Balance & Flexibility:** A low-impact way to improve balance, strength and flexibility in the water, targeting specific muscles groups and promoting overall well being using specific aquatic equipment.

**Cardio Tone:** Use the pool as your fitness tool! Aqua Cardiotone is great exercise for people with beginning or advanced athletic skills. Learn water exercises for strength and conditioning of all the major muscle groups. Aerobic interval drills will improve athletic ability. Aqua Cardiotone is a fun and balanced water workout and is a refreshing addition to your fitness goals.

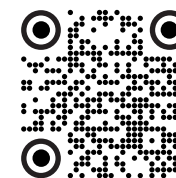
**HIIT Bootcamp:** This non-stop water fitness class is designed with functional movements to tone muscles and gain strength while working your upper body, core and legs. A high energy workout that includes the use of a variety of equipment as well as the natural resistance of the water.



Want a really good workout without hitting the pavement? Looking for a great cross-training alternative? This invigorating deep water running class will challenge your cardiovascular system, enhance your stamina and strength (arms, legs and core), and give you all the benefits of running without the impact. Each class will include a warm-up, moderate and intense interval work, and a cool-down. This class is not just for runners, and you don't have to know how to swim to do it! Flotation belts are provided. Heart rate monitors are recommended but not required.

**Adult classes for ages 18+ yrs**  
**Senior classes for ages 55+ yrs**

For class times and more details, please scan the QR code.



## Fluid Running Drop In Classes

Do you want to get a great Fluid Running workout but can't commit to a regular schedule? Fluid Running offers a drop-in program that allows you to pay as you go! No pre-registration required. Prior participation in a Fluid Running Class required. *Ages: 16+ yrs*

**\$20 per visit, payable at the Family Recreation Center Front Desk.**

