

# LPAC Pool Schedule

EFFECTIVE JANUARY 2, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5 am								5 am
5:30	LAP SWIM		LAP SWIM					5:30
6 am								6 am
6:30	6:00 Swim Training		6:00 Swim Training		LAP SWIM			6:30
7 am								7 am
7:30		LAP SWIM		LAP SWIM				7:30
8 am							LAP SWIM	8 am
8:30	LAP SWIM		LAP SWIM		8:00 Water Workout: Advanced	LAP SWIM		8:30
9 am					9:00 Water Workout: Movement		9:00 Water Workout: Cross Training	9 am
9:30								9:30
10 am	10:00 Water Workout: Movement	10:00 Water Workout: Cross Training	10:00 Water Workout: Cross Training	10:00 Water Workout: Cross Training		10:00 Water Workout: Cross Training	10:00 Swim Training	10 am
10:30								10:30
11 am								11 am
11:30								11:30
12 pm								12 pm
12:30								12:30
1 pm						LAP SWIM	LAP SWIM	1 pm
1:30	LAP SWIM	LAP SWIM						1:30
2 pm								2 pm
2:30			LAP SWIM	LAP SWIM	LAP SWIM			2:30
3 pm								3 pm
3:30								3:30
4 pm	4:00 Children's Swim Lessons	4:15 Jr. Swim Team				3:00 Family Swim — Pool supervisor on duty	3:30 Parent/ Infant/Toddler Swim  4:00 Family Swim — Pool supervisor on duty	4 pm
4:30								4:30
5 pm								5 pm
5:30	LAP SWIM	LAP SWIM						5:30
6 pm		6:00 Swim Training						6 pm
6:30	6:30 Water Workout: Cross Training							6:30
7 pm								7 pm
7:30								7:30
8 pm						LAP SWIM ends 8:45 pm	LAP SWIM ends 8:45 pm	8 pm
8:30								8:30
9 pm					LAP SWIM ends 9:45 pm			9 pm
9:30								9:30
10 pm	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM				10 pm
10:30	ends 10:45 pm	ends 10:45 pm	ends 10:45 pm	ends 10:45 pm				10:30
11 pm								11 pm

Entire pool reserved for all Water Workout classes, Children's Swimming Lessons, Swim Training and Parent/Toddler Swimming.  
 Private Adult lessons may be scheduled during Lap Swim time. LPAC reserves the right to close the pool partially or in full at any time.  
 Schedule is subject to change

# LPAC Pool Programming

## Children's Swimming Lessons

### Ages 4–8 years

Lessons are offered once or twice a week with a minimum of two months commitment.

MONDAYS . . . . . 4:00–4:30 PM; 4:30–5:00 PM  
There will be no classes on April 21, July 3-5, November 27-30, and December 24-January 1, 2020.

### Pricing

#### MEMBERS

ONE LESSON PER WEEK . . . . . \$70 per month  
TWO LESSONS PER WEEK . . . . . \$110 per month

#### NON-MEMBERS\*

ONE LESSON PER WEEK . . . . . \$95 per month  
TWO LESSONS PER WEEK . . . . . \$145 per month  
Monthly fees also allow access to Family Swim on weekends.

## Jr. Swim Team

### Ages 6–11 years

Children perfect strokes and work on endurance in this non-competitive swim team. Children should be able to swim 20 yards freestyle and 20 yards backstroke before registering for this class.

TUESDAYS . . . . . 4:15–5:00 PM

### Pricing

MEMBERS . . . . . \$70 per month  
NON-MEMBERS\* . . . . . \$95 per month  
Monthly fees also allow access to Family Swim on weekends.

## CAC Swim Team

### Ages 6–13 years

CAC Swim Team meets at WAC's state-of-the-art, 25-meter pool. Swimmers will perfect and build endurance in all four strokes and learn other skills beneficial to lifelong swimming. Children must be promoted from Jr. Swim Team to participate.

MONDAYS & WEDNESDAYS . . . . . WAC • 4:00–5:00 PM

### Pricing

MEMBERS . . . . . \$75 per month  
NON-MEMBERS\* . . . . . \$100 per month  
Monthly fees also allow access to Family Swim on weekends.

## Parent & Infant/Toddler Swimming

Get in the water with your child as we make his or her first experience with the water gentle and rewarding. Class will work on increasing your child's comfort level in the water and basic swim safety skills. Once you register for automatic billing you may come to the classes at any gym, as many times as you would like each week.

### Parent/Infant Swim

#### Ages 6 months–2 years

Our expert instructors teach parents how to hold their child in the water; the children learn basic water adjustment skills. Parents and children sing songs together to encourage the children to use their arms and legs in the water.

SUNDAYS . . . . . 3:30–4:00 PM

### Parent/Toddler Swim

#### Ages 2–4 years

This class is designed to get your child ready for group lessons. Children continue to work on their skills from the Parent/Infant class and introduce more complex skills such as floating, breathing, gliding and diving.

SUNDAYS . . . . . 3:30–4:00 PM

### Pricing

MEMBERS . . . . . \$70 per month  
NON-MEMBERS\* . . . . . \$95 per month  
Monthly fees also allow access to Family Swim on weekends.

**Parent/Toddler Swimming is also offered at EAC, LSAC and WAC.**

Days and times can be found on the website.

**REGISTER ONLINE AT ANY TIME — For kids programs:**

**[www.ChicagoAthleticClubs.com/services/pool-programs/](http://www.ChicagoAthleticClubs.com/services/pool-programs/)**

Please wait for confirmation of registration before attending classes.

Due to space constraints, wait list may be in place.

## Family Swim

Club members, their spouses and children (ages 15 and under) have access to family swim at any of our clubs. Non-member swim program participants may attend family swim at the same club where they are registered for lessons. During Family Swim, all lanes will be removed from the pool.

SATURDAYS . . . . . 3:00–6:00 PM

SUNDAYS . . . . . 4:00–6:00 PM

### Pricing

MEMBERS . . . . . FREE  
NON-MEMBERS, registered in swim programs\* . . . . . FREE  
NON-REGISTERED, NON-MEMBERS\* . . . . . \$10 per person

## Water Workout

Check out our mobile app or visit [www.chicagoathleticclubs.com](http://www.chicagoathleticclubs.com) for a description of our Water Workout classes.

**\*Non-members are restricted to pool use only.**