

# LVAC Pool Schedule

EFFECTIVE JANUARY 2, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5 am								5 am
5:30		LAP SWIM						5:30
6 am		6:00 Swim Training						6 am
6:30								6:30
7 am				LAP SWIM				7 am
7:30					LAP SWIM			7:30
8 am	LAP SWIM	LAP SWIM			LAP SWIM	LAP SWIM		8 am
8:30								8:30
9 am							LAP SWIM	9 am
9:30								9:30
10 am			LAP SWIM			10:00 Aqua Barre		10 am
10:30		10:15 Water Workout: Cross Training						10:30
11 am			11:00 Aqua Yoga		11:00 Water Workout: Movement		11:00 Water Workout: Athletic	11 am
11:30								11:30
12 pm				LAP SWIM		LAP SWIM		12 pm
12:30								12:30
1 pm							LAP SWIM	1 pm
1:30								1:30
2 pm		LAP SWIM						2 pm
2:30								2:30
3 pm	LAP SWIM							3 pm
3:30		3:30 Private Program (1/22-4/9) (4/23-6/11)	3:30 Children's Swim Lessons	3:30 Junior Swim Team		3:00 Family Swim	3:00 Family Swim	3:30
4 pm				4:15 Junior Swim Team		Pool supervisor on duty	Pool supervisor on duty	4 pm
4:30								4:30
5 pm				LAP SWIM				5 pm
5:30			LAP SWIM					5:30
6 pm		6:00 Aqua Barre		6:00 Adult Swim Lessons				6 pm
6:30	6:30 Water Workout: Cross Training		6:30 Swim Training	7:00 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 ends 10:45 pm	LAP SWIM ends 10:45 pm	LAP SWIM ends 10:45 pm	LAP SWIM ends 10:45 pm				10 pm
10:30								10:30
11 pm								11 pm

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

# LVAC 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.

WEDNESDAYS . . . . . 3:30–4:00PM; 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.

THURSDAYS . . . . . 3:30–4:15 PM\*; 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 . . . . . WAC • 4:00–5:00 PM  
WEDNESDAYS . . . . . WAC • 4:00–5:00 PM  
No Wednesdays practice during the summer

### Pricing

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

**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, waitlist 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 . . . . . 3:00–6:00 PM

### Pricing

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

## Adult Swim Lessons

A learn-to-swim program for those who need to develop swimming basics such as stroke form and breathing to swimmers who tire after a few lengths and need help improving their strokes.

THURSDAYS . . . . . 6:00–6:45 PM  
Classes run year-round and can be joined at anytime.

### Pricing

MEMBERS . . . . . \$40 per month  
NON-MEMBERS\* . . . . . \$100 per month

Adult Swim Lessons are also offered at EAC, LSAC and WAC. Days and times can be found on the website.

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

**REGISTER ONLINE AT ANY TIME — For adults programs:**  
[www.ChicagoAthleticClubs.com/services/pool-programs/](http://www.ChicagoAthleticClubs.com/services/pool-programs/)  
Please wait for confirmation of registration before attending sessions.

## Water Workout Classes

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