

# EAC Pool Schedule

EFFECTIVE JANUARY 2, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5 am								5 am
5:30								5:30
6 am								6 am
6:30								6:30
7 am	LAP SWIM ENDS 9:10AM	LAP SWIM ENDS 9:30AM		LAP SWIM ENDS 9:25AM	LAP SWIM ENDS 8:55AM			7 am
7:30								7:30
8 am						LAP SWIM ENDS 9:55AM	LAP SWIM ENDS 9:25AM	8 am
8:30								8:30
9 am								9 am
9:30	9:15 Aqua: TBT	9:30 Aqua: Movement		9:30 Aqua Zumba	9:00 Aqua Zumba		9:30 Aqua: Movement	9:30
10 am						10:00 Aqua: TBT		10 am
10:30							10:30 - 1 lane Child.Swim Lessons	10:30
11 am			LAP SWIM ENDS 5:55PM			11:00 - 1 lane Child.Swim Lessons		11 am
11:30							11:30 - 3 lanes Adult Swim Lessons	11:30
12 pm		12:00 Aqua: Yoga				LAP SWIM ENDS 12:25 PM	LAP SWIM ENDS 12:25PM	12 pm
12:30	LAP SWIM ENDS 5:55PM							12:30
1 pm		LAP SWIM ENDS 4:25PM		LAP SWIM ENDS 4:40PM		1-2pm Private Parties*	1-2pm Private Parties*	1 pm
1:30								1:30
2 pm						2:00 Family Swim	2:00 Family Swim	2 pm
2:30						Pool supervisor on duty	Pool supervisor on duty	2:30
3 pm								3 pm
3:30								3:30
4 pm						1 lane : Lap Swim	1 lane : Lap Swim	4 pm
4:30								4:30
5 pm		4:30 - 2 lanes Child.Swim Lessons		4:45 - 5:30 -2 lanes 5:00 - 5:30 Jr. Swim Team 1 lane Child.Swim Lessons				5 pm
5:30								5:30
6 pm	6:00 Aqua: Movement	6:00 - 2 lanes Jr. Swim Team	6:00 Aqua: Movement	5:30 - 2 lanes Child.Swim Lessons				6 pm
6:30				6:30 -3 lanes Adult Swim Lessons				6:30
7 pm								7 pm
7:30						LAP SWIM ENDS 8:45PM	LAP SWIM ENDS 8:45PM	7:30
8 pm					LAP SWIM ENDS 9:45PM			8 pm
8:30								8:30
9 pm								9 pm
9:30	LAP SWIM ENDS 10:45PM	LAP SWIM ENDS 10:45PM	LAP SWIM ENDS 10:45PM	LAP SWIM ENDS 10:45PM				9:30
10 pm								10 pm
10:30								10:30
11 pm								11 pm

All lanes reserved for Group Fitness Classes. Shared pool for Adult and Children Swim; Family Swim private lessons; and some private programs. Private lessons may be scheduled during Open Swim. EAC reserves the right to close the pool partially or in full at any time.  
 \*Pool will only be reserved for one party per weekend. Schedule is subject to change.

# EAC Pool Programming

## Children's Swimming Lessons

### Ages 3–8 years

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

TUESDAYS	4:30–5:00 PM; . . . . . 5:00–5:30 PM ; 5:30–6:00 PM
THURSDAYS	5:00–5:30 PM; 5:30–6:00 PM; 6:00–6:30 PM
SATURDAYS	8:30–9:00 AM; 10:00–10:30 AM; 10:30–11:00 AM; 11:00–11:30 AM; 11:30 AM–12:00 PM
SUNDAYS	8:30–9:00 AM; 9:30–10:00 AM; 10:00–10:30 AM; 10:30–11:00 AM;

There will be no classes on April 12, July 3–6, November 25–28, and December 24–January 1, 2021.

### Pricing

#### MEMBERS

ONE LESSON PER WEEK	\$60 per month
TWO LESSONS PER WEEK	\$100 per month

#### NON-MEMBERS\*

ONE LESSON PER WEEK	\$80 per month
TWO LESSONS PER WEEK	\$140 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	6:00–6:45 PM
THURSDAYS	4:45–5:30 PM

### Pricing

MEMBERS	\$60 per month
NON-MEMBERS*	\$80 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

### Pricing

MEMBERS	\$75 per month
NON-MEMBERS*	\$100 per month

Monthly fees also allow access to Family Swim on weekends.

## Parent/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.

### Parent/Infant Swim

#### Ages 4–18 months

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.

SATURDAYS	9:00–9:30 AM
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### Parent/Toddler Swim

#### Ages 18 months–3 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.

SATURDAYS	9:30–10:00 AM
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### Pricing

MEMBERS	\$60 per month
NON-MEMBERS*	\$80 per month

Monthly fees also allow access to Family Swim on weekends.

**Parent/Toddler Swimming is also offered at LSAC, LPAC 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, 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, one lane will remain open for lap swimming.

SATURDAYS & SUNDAYS	2:00–5:00 PM
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### Pricing

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

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

## 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 . . . . . 6:30–7:15 PM

SUNDAYS . . . . . 11:30–12:15 PM

Classes run year-round and can be joined at anytime.

### Pricing

MEMBERS . . . . . \$70 per month

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

Adult Swim Lessons and Masters Swim are also offered at LSAC, LVAC 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.

## Group Fitness Classes

**Aqua Zumba** - Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even laughing, hooting and hollering are often heard during the Zumba “pool party”. Traditional aqua fitness principles are bended with the Zumba formula for a safe, challenging workout thats cardio-conditioning, body-toning and, most of all, exhilarating beyond beleif! An All Club Access Class.

**Aqua: TBT** - Total Body Training in the pool! This is the ultimate cardio and strength interval training class designed to work your entire body and maximize your post workout calorie burn, using a variety of water equipment or just your own bodyweight. Focus on resistance, intervals, power, plyometrics, endurance and determination and you will see a new you. An All Club Access Class.

**Aqua: Movement** - Movements performed in water allow for increased range of motion and flexibility in a safe, suspended environment. These energizing patterns are designed to burn fat and increase cardio strength while building a stronger core. These water activities are optimal for muscle toning and conditioning, helping to strengthen joints to avoid injury. An All Club Access Class

# EAC Therapy Pool Schedule

EFFECTIVE JANUARY 2, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
5 am								5 am			
5:30								5:30			
6 am								6 am			
6:30								6:30			
7 am	LAP SWIM		LAP SWIM					7 am			
7:30						LAP SWIM		7:30			
8 am							LAP SWIM	8 am			
8:30					LAP SWIM	8:30 Child. Swim Lessons		8:30			
9 am	9:00 Reserved for NUH Therapy Session	LAP SWIM	9:00 Reserved for NUH Therapy Session	LAP SWIM		9:00 Parent/Infant Parent/Toddler Swim	9:30 Children's Swim Lessons	9 am			
9:30									9:30		
10 am								10:00 Child. Swim Lessons		10 am	
10:30								10:30			
11 am								11 am			
11:30								11:30			
12 pm						LAP SWIM	LAP SWIM	12 pm			
12:30			LAP SWIM					12:30			
1 pm	LAP SWIM							1 pm			
1:30		1:30 Reserved for NUH Therapy Session		1:30 Reserved for NUH Therapy Session	12:30 Reserved for NUH Therapy Session			1:30			
2 pm										2 pm	
2:30										2:30	
3 pm	3:00 Reserved for NUH Therapy Session	1:30 Reserved for NUH Therapy Session	3:00 Reserved for NUH Therapy Session	1:30 Reserved for NUH Therapy Session		2:00 Family Swim — Pool supervisor on duty	2:00 Family Swim — Pool supervisor on duty	3 pm			
3:30											3:30
4 pm											
4:30								4:30			
5 pm								5 pm			
5:30								5:30			
6 pm								6 pm			
6:30								6:30			
7 pm								7 pm			
7:30						LAP SWIM ends 8:45	LAP SWIM ends 8:45	7:30			
8 pm					LAP SWIM ends 9:45			8 pm			
8:30								8:30			
9 pm								9 pm			
9:30	LAP SWIM ends 10:45	LAP SWIM ends 10:45	LAP SWIM ends 10:45	LAP SWIM ends 10:45				9:30			
10 pm								10 pm			
10:30								10:30			
11 pm								11 pm			

Entire therapy pool used during Kids Lessons, Parent/Toddler Swim and NUH Group Classes. Private lessons may be scheduled during Open Swim. Children are allowed in the therapy pool only during swim lessons with an instructor. No lifeguard on duty. EAC reserves the right to close the pool partially or in full at any time. Schedule is subject to change.