

# LSAC Pool Schedule

EFFECTIVE JULY 1, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5 am								5 am
5:30		LAP SWIM		LAP SWIM				5:30
6 am		6:00 Masters Swim		6:00 Masters Swim				6 am
6:30			6:30 - 3 lanes Tri-Club Swim (1/7-8/21)					6:30
7 am					LAP SWIM	LAP SWIM		7 am
7:30		LAP SWIM		LAP SWIM				7:30
8 am	LAP SWIM		LAP SWIM					8 am
8:30						8:15 Aqua: TBT	LAP SWIM	8:30
9 am		9:00 - 3 lanes Private Program 6/25-8/13		9:00 - 3lanes Private Program 6/27-8/15		9:30 Child Swim Lessons/ Junior Swim Team		9 am
9:30						10:30 Parent/Toddler Swim		9:30
10 am								10 am
10:30								10:30
11 am					11:00 - 3 lanes Private Program 6/28-8/16		11:00 Aqua: Athletic	11 am
11:30								11:30
12 pm	12:00 Aqua: Athletic		12:00 Aqua: TBT					12 pm
12:30		LAP SWIM		LAP SWIM				12:30
1 pm						LAP SWIM	LAP SWIM	1 pm
1:30								1:30
2 pm					LAP SWIM			2 pm
2:30			LAP SWIM					2:30
3 pm								3 pm
3:30								3:30
4 pm	LAP SWIM	4:00 - 3 lanes Children's Swim Lessons	4:00 - 2 lanes Jr. Swim Team	4:00 - 3 lanes Children's Swim Lessons		4:00 Family Swim	4:00 Family Swim	4 pm
4:30						Pool supervisor on duty	Pool supervisor on duty	4:30
5 pm			LAP SWIM					5 pm
5:30		LAP SWIM						5:30
6 pm	5:45 Aqua Yoga	6:00 - 3 lanes Adult Swim I Lessons	6:00 Aqua: TBT	6:00 - 3 lanes Adult Swim II Lessons				6 pm
6:30								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 and Parent/Toddler Swimming.  
 Private Adult lessons may be scheduled during Lap Swim time. LSAC 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.

# LSAC 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.

TUESDAYS . . . . . 4:00–4:30 PM; 4:30–5:00 PM  
THURSDAYS . . . . . 4:00–4:30 PM; 4:30–5:00 PM  
SATURDAYS . . . . . 9:30–10:00AM; 10:00–10:30AM  
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.

WEDNESDAYS . . . . . 4:00–4:45 PM  
SATURDAYS . . . . . 9:30–10:15AM; 10:15–11:00 AM

### Pricing

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

## 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 & SUNDAYS . . . . . 4:00–6:00 PM

### Pricing

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

**REGISTER ONLINE AT ANY TIME — For kids programs:**  
[www.ChicagoAthleticClubs.com/kids-swim-classes-registration/](http://www.ChicagoAthleticClubs.com/kids-swim-classes-registration/)  
Please wait for confirmation of registration before attending classes.  
Due to space constraints, waitlist may be in place.

## Group Fitness Classes

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

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

## 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.

SATURDAYS . . . . . 10:30–11:00 AM

### 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.

SATURDAYS . . . . . 10:30–11:00 AM

### 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.

## Adult Swim Lessons

### Adult Swim I

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.

TUESDAYS . . . . . 6:00–6:45 PM

### Adult Swim II

For swimmers who currently swim for fitness and want to bring more focus and intention to their swims and improve their endurance. This class will prepare swimmers who would like to join the Masters Swim Team.

THURSDAYS . . . . . 6:00–6:45 PM

### Pricing

MEMBERS . . . . . \$70 per month  
NON-MEMBERS\* . . . . . \$100 per month  
Classes run year-round and can be joined at anytime.

## Masters Swim

### Masters I

Swimmers who have solid strokes and swim for fitness but still need technique work and are building endurance through structured workouts.

TUESDAYS & THURSDAYS . . . . . 6:00–7:00 AM

### Masters II

Swimmers with strong swim background and can swim at least 2000 meters per hour.

TUESDAYS & THURSDAYS . . . . . 6:00–7:00 AM

### Pricing

MEMBERS . . . . . \$40 per month  
NON-MEMBERS\* . . . . . \$65 per month  
Classes run year-round and can be joined at anytime.

**REGISTER ONLINE AT ANY TIME — For adult programs:**  
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Find out more at [ChicagoAthleticClubs.com](http://ChicagoAthleticClubs.com)