

LSAC Pool Schedule

EFFECTIVE JANUARY 2, 2020

	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	6:30 - 1 lane Private Pool Rental 1/6-4/6 4/27-5/18	6:00 Masters Swim	6:00 Tri-Club Swim	6:00 Masters Swim				6:30
7 am								7 am
7:30		LAP SWIM		LAP SWIM	LAP SWIM	LAP SWIM		7:30
8 am	LAP SWIM		LAP SWIM	LAP SWIM				8 am
8:30						8:15 Aqua: TBT	LAP SWIM	8:30
9 am		9:00 Private Program 1/7-4/7 4/28-5/26		9:00 Private Program 1/9 - 4/9 4/30-5/28				9 am
9:30						9:30 Child Swim Lessons/ Junior Swim Team		9:30
10 am								10 am
10:30						10:30 Parent/Toddler Swim		10:30
11 am			10:45- 1 lane Private Program 2/26-4/8 4/26-5/6		10:30 Aqua: TBT		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						12:30
1 pm				LAP SWIM		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			4:30 - 3 lanes Private Program 1/8-4/8 4/29-6/3		4:30 - 3 lanes Private Pool Rental 1/10-4/10 5/1-5/29	Pool supervisor on duty	Pool supervisor on duty	4:30
5 pm		LAP SWIM	LAP SWIM		5:30 - 1 lane Private Program 1/10-4/10 5/1-5/29			5 pm
5:30								5:30
6 pm	5:45 Aqua: TBT	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 Group Fitness classes, Children's Swimming Lessons, Master Swim and Parent/Toddler Swimming. Private lessons may be scheduled during Lap Swim time. LSAC reserves the right to close the pool partially or in full at any time. 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; 10:30–11:00AM

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 \$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, 1 lane will be open for lap swim for family swim participants.

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/
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 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.

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 a 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.

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

REGISTER ONLINE AT ANY TIME — For adult programs:
www.ChicagoAthleticClubs.com/cac-adult-swim-registration/
Please wait for confirmation of registration before attending classes.
Due to space constraints, waitlist may be in place.

Find out more at ChicagoAthleticClubs.com