

WAC Pool Schedule

EFFECTIVE APRIL 16, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5 am								5 am
5:30	LAP SWIM		LAP SWIM		LAP SWIM			5:30
6 am								6 am
6:30	6:00 Masters I / II		6:00 Masters I / II		6:00 Masters I / II			6:30
7 am	7:00 - 2 lanes Private Program 4/29-5/20; 6/3					LAP SWIM		7 am
7:30						7:30 Masters I		7:30
8 am		LAP SWIM		LAP SWIM		8:30 Masters II		8 am
8:30						9:30 Child. Swim Lessons + Jr. Swim Team		8:30
9 am						10:30 - 3 lanes Parent/Toddler Swim		9 am
9:30							LAP SWIM	9:30
10 am								10 am
10:30								10:30
11 am	LAP SWIM		LAP SWIM		LAP SWIM			11 am
11:30								11:30
12 pm		12:00 Water Workout: Cross Training		12:00 Water Workout: HIIT		LAP SWIM		12 pm
12:30								12:30
1 pm								1 pm
1:30								1:30
2 pm								2 pm
2:30								2:30
3 pm		LAP SWIM		LAP SWIM		2:00 - 3 lanes Family Swim Pool supervisor on duty	2:00 - 3 lanes Family Swim Pool supervisor on duty	3 pm
3:30								3:30
4 pm	4:00 - 2 lanes CAC Swim Team	4:00 - 3 lanes Private Program (1/8-3/19, 4/2-5/28)	4:00 - 2 lanes CAC Swim Team		4:00 - 3 lanes Private Program			4 pm
4:30								4:30
5 pm			LAP SWIM					5 pm
5:30								5:30
6 pm	5:45 - 3 lanes Adult Swim Lessons	6:00 Masters I / II	5:45 - 3 lanes Adult Swim Lessons	6:00 Masters I / II				6 pm
6:30								6:30
7 pm			7:00 Water Workout: Cross Training	7:00 - 4 lanes Tri-Club (3/7-8/29)				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

All lanes reserved for Masters Swim, Children's Swim on Saturday and some private programs. **Shared pool** for Water Workout classes; Adult, Family and Children Swim; and some private programs. **Water Workout** - Checkout our mobile app or visit www.chicagoathleticclubs.com for descriptions of our Water Workout classes. WAC reserves the right to close the pool partially or in full at any time. Schedule is subject to change.

WAC 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.

SATURDAYS 9:30–10:00 AM; 10:00–10:30 AM

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 perform 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.

SATURDAYS 9:30–10:15 AM

Pricing

MEMBERS \$70 per month

NON-MEMBERS* \$95 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. 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, LPAC and LSAC.

Days and times can be found on the website.

REGISTER ONLINE AT ANY TIME — For kids programs:

www.ChicagoAthleticClubs.com/services/pool-programs/

Please wait for confirmation of registration before attending classes.

Due to space constraints, waitlist may be in place.

CAC Swim Team

Ages 6–13 years

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* 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.

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, two lanes will remain open for lap swimming.

SATURDAYS & SUNDAYS 2:00–5:00 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.

MONDAYS & WEDNESDAYS 5:45–6:30 PM

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

Pricing

MEMBERS \$40 per month

NON-MEMBERS* \$100 per month

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.

Masters II • Swimmers with a strong swim background and can swim at least 2000 meters per hour.

MONDAYSMASTERS I / II 6:00–7:00 AM

TUESDAYSMASTERS I / II 6:00–7:00 PM

WEDNESDAYS .MASTERS I / II 6:00–7:00 AM

THURSDAYS . . .MASTERS I / II 6:00–7:00 PM

FRIDAYSMASTERS I / II 6:00–7:00 AM

SATURDAYS . . .MASTERS I 7:30–8:30 AM

MASTERS II 8:30–9:30 AM

Pricing

MEMBERS \$40 per month

NON-MEMBERS* \$65 per month

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

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

Please wait for confirmation of registration before attending sessions.

Find out more at ChicagoAthleticClubs.com