

# WAC Pool Schedule

EFFECTIVE JANUARY 14, 2020

	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						LAP SWIM		7 am
7:30						7:30 Masters I		7:30
8 am		LAP SWIM		LAP SWIM				8 am
8:30						8:30 Masters II		8:30
9 am	8:45 Private Program (2/24, 3/2, 3/16-4/6, 4/20-4/27)							9 am
9:30						9:30 Child. Swim Lessons + Jr. Swim Team		9:30
10 am						10:30 - 3 lanes Parent/Toddler Swim	LAP SWIM	10 am
10:30								10:30
11 am	LAP SWIM		LAP SWIM		LAP SWIM			11 am
11:30								11:30
12 pm		12:00 Aqua: TBT		12:00 Aqua: Athletic		LAP SWIM		12 pm
12:30								12:30
1 pm								1 pm
1:30								1:30
2 pm		LAP SWIM						2 pm
2:30								2:30
3 pm				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	3:45 - 3 lanes Private Pool Rental 1/10-4/14	4:00 - 2 lanes CAC Swim Team		4:00 - 3 lanes Private Pool Rental 1/10-3/6 4/3-5/29			4 pm
4:30								4:30
5 pm		LAP SWIM	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 Aqua: TBT					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 Group Fitness classes; Adult, Family and Children Swim; and some private programs. **Group Fitness Classes**- Checkout our mobile app or visit [www.chicagoathleticclubs.com](http://www.chicagoathleticclubs.com) for descriptions of our Aqua classes. WAC reserves the right to close the pool partially or in full at any time. Schedule is subject to change. Private swim lessons may be scheduled during lap swim time.

# 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 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.

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.

### 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/](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.

**REGISTER ONLINE AT ANY TIME — For adult programs:**

[www.ChicagoAthleticClubs.com/cac-adult-swim-registration/](http://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.

## 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 . . . . . \$70 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.

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

TUESDAYS . . . .MASTERS 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

FRIDAYS . . . . .MASTERS 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 also offered at EAC, LSAC and LVAC and**

**Masters Swim also offered at LSAC.** Days and times can be found on the website.

## 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.