

INDOOR POOL SCHEDULE

CRYSTAL LAKE





AUGUST 5-DECEMBER 31, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8-9am Aqua Pump (W) OP	8-9am AWE 1 (NM, \$) TH2	8-9am Fluid Fusion (W) OP	8-9am AWE 1 (NM, \$) TH2	8-9am Aqua Sprint (W) OP	8-9am Whole Water Works (W) OP
9:15-10:15am Aqua Fitness (W) LA	8-8:45am Aqua Zumba® (W) OP	9-10am Aqua Fitness (W) OP	8-9am Aqua Pump (W) OP	10-10:45am MS Water Exercise (NM, \$) LA	9-11:30am Children's Swim Lessons (NM, \$) LE
12:30-1:30pm AWE 1 (NM, \$) TH2	9:30-10:30am AWE 2 (NM, \$) LA	10-10:45am MS Water Exercise (NM, \$) LA	9:30-10:30am AWE 2 (NM, \$) LA	10:45-11:45am Aqua Fitness (W) LE	11:30am-12:30pm Sage Cancer Center Water Fitness (NM, \$) LE
1:30-2:30pm AWE 1 (NM, \$) TH2	1-3pm Healing Waters (NM, \$) LE	12:30-1:30pm AWE 1 (NM, \$) TH2	1-3pm Healing Waters (NM, \$) LE	1-3pm Healing Waters (NM, \$) LE	2-5pm Family Fitness Time & Rentals (NM, \$)
4-7pm Children's Swim Lessons (NM, \$) LE	4-7:30pm Children's Swim Lessons (NM, \$) LE	1-3pm Healing Waters (NM, \$) LE	4-7:15pm Children's Swim Lessons (NM, \$) LE	5-7pm Fin-Tastic Mermaid Class August 17-September 21 (NM, \$) LE	SUNDAY Noon-4pm Family Fitness Time & Rentals (NM, \$)
4:30-5:30pm HammerHeads Fitness Swim August 27-October 15 LA	5:30-6:30pm Hydrocore + More (W) LA	1:30-2:30pm AWE 1 (NM, \$) TH2	6:15-7pm Adult Swim Beginner (NM, \$) LA		
4:30-5:30pm HammerHeads October 29-March 6 LA	6:30-7:15pm Synchronized Swimming (NM, \$) LE	4:15-7:15pm Children's Swim Lessons (NM, \$) LE	7:15-8pm Synchronized Swimming (NM, \$) LE		
5:30-6:30pm Aquabata (W) LA		4:30-5:30pm HammerHeads Fitness Swim August 27-October 15 LA			
6:30-7:30pm HammerHeads October 29-March 6 LA		4:30-5:30pm HammerHeads October 29-March 6 LA			
		5:30-6:15pm Aqua Zumba® (W) LA			
		6:30-7:30pm HammerHeads Swim Team Clinic August 29-October 10 LA			
		6:30-7:30pm HammerHeads October 29-March 6 LA			

NOTES

Jacobs High School Swim Team Practice | August 8-31
Monday & Wednesday: 7:30-9pm | Tuesday, Thursday & Friday: 7-9pm

Huntley High School Swim Team Practice | August 15-31
Monday through Friday: 3:30-5:30pm

KEY	CATEGORY
\$	These classes and programs are fee-based and require registration.
NM	Non-members may take this class for a fee. Registration is required.
W	Class is suitable for WellBridge program.
	Lap Pool
	Leisure Pool
	Therapy Pool 2
	Outdoor Pool



OPEN SWIM IS AVAILABLE WHEN NO CLASS IS IN SESSION AT THE DESIGNATED POOL.

Lap pool lanes may be used for private swim lessons at any time.