*Family Swim Fees:

Residents drop in rate:
$5 child / $6 adult

Non-Resident drop- in rate:
$9 child / $10 adult

Any person entering the pool MUST pay the appropriate drop in fees, even if not swimming.

POOL SCHEDULE:

November 1-22nd

NILES FAMILY FITNESS CENTER
987 Civic Center Dr Niles IL 60714
847-588-8400
www.nilesfitness.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LAP SWIM 7:00-8:45AM AQUACISE 9:00-9:50 (Deanna) Adult Open Swim & Private Swim Lessons 10:00-12:00 Birthday Party 12:00-2:45PM *Family Swim 12:00-2:45 PM LAP SWIM 3:00-3:45 PM ALL PERSONS IN POOL AREA MUST WEAR AN APPROVED SWIM SUIT WITH A LINER	LAP SWIM 5:30-8:00 AM Adult Open Swim 8:00-8:30 AM AQUACISE 8:45-9:35 AM (Debbie) AQUACISE 9:50-10:40 AM (Susan) LAP SWIM 10:45-1:00 PM Adult Open Swim 1:00-5:50 PM AQUACISE 6:05-6:55 PM (Marimel) LAP SWIM 7:15-9:15 PM	LAP SWIM 5:30-7:45 AM AQUACISE 8:00-8:50 AM (Cindy) AQUACISE 9:00-9:50 AM (Karen) Aqua for Health Fee Required* 10:05-10:50 AM (11/3-12/15) Adult Open Swim 11:00-1:00 PM LAP SWIM 1:00-4:45 PM **Group Lessons** **(Pool Closed)** **5:00-7:00pm** LAP SWIM 7:15-9:15 PM	LAP SWIM 5:30-8:00 AM Adult Open Swim 8:00-8:45 AM AQUACISE 9:00-9:50 AM (Duvia) AQUACISE 10:10-11:00 AM (Karen) LAP SWIM 11:15-2:00 PM Adult Open Swim 2:00-4:45 PM **Group Lessons** **(Pool Closed)** **5:00-7:00pm** AQUACISE 7:00-7:50 PM (Julie) 8:10-9:30 PM Pool & Hot Tub Closed for Staff training & Hot Tub cleaning	LAP SWIM 5:30-7:45 AM AQUACISE 8:00-8:50 AM (Duvia) AQUACISE 9:00-9:50 AM (Karen) Aqua for Tabata Fee Required* 10:05-10:50 AM (11/12-12/17) Adult Open Swim 11:00-1:00 PM LAP SWIM 1:00-4:15 PM SWIM CLUB 4:30-5:45 PM AQUACISE 6:05-6:55 PM (Becca) VARSITY CLUB 7:15-9:15 PM LAP SWIM 8:15-9:15 PM	LAP SWIM 5:30-8:00 AM Adult Open Swim 8:00-8:45 AM AQUACISE 9:00-9:55 AM (Becca) AQUACISE 10:10-11:00 AM (Karen) LAP SWIM 11:15- 1:00 PM ***3 lap lanes ONLY*** Adult Open Swim 1:00- 3:45 PM *Family Swim 4:00-7:45 PM	LAP SWIM 7:00-7:55 AM AQUACISE 8:00-8:50 AM (Duvia) **Group Lessons** **(Pool Closed)** **9:00-11:35 AM** Private Lessons (Pool Closed) 11:35-12:30 Birthday Party 12:00-3:45 PM *Family Swim 12:30-3:45 PM