

# WATER FITNESS | LAP SWIM *at a glance*

JANUARY - MAY, 2024

| MON   | TUE   | WED   | THU   | FRI   | SAT  | SUN  |
|---|---|---|---|---|--|--|
| ADULT LAP SWIM<br>5:15- 8:00 am   | ADULT LAP SWIM<br>5:15- 6:55 am   | ADULT LAP SWIM<br>5:15- 8:00 am   | ADULT LAP SWIM<br>5:15- 6:55 am   | ADULT LAP SWIM<br>5:15- 6:55 am   |  |  |
|   | JUST THE GUYS <b>WF</b><br>7:00- 8:00 am<br><b>FREE!</b> in May   |   | JUST THE GUYS <b>WF</b><br>7:00- 8:00 am<br><b>FREE!</b> in January   | JUST THE GUYS <b>WF</b><br>7:00- 8:00 am  | ADULT LAP SWIM<br>7:00- 9:00 am<br>1/6 - 5/25  | ADULT LAP SWIM<br>7:00- 9:00 am<br>1/7 - 5/26    |
| FIT HAPPENS A.M. <b>WF</b><br>8:30- 9:30 am   | CLOWNFISH <b>IP</b><br>9:00- 9:30 am  | FIT HAPPENS A.M. <b>WF</b><br>8:30- 9:30 am<br><b>FREE!</b> in February                                     |   | FIT HAPPENS A.M. <b>WF</b><br>8:30- 9:30 am   |  |  |
| AQUA EXERCISE <b>WF</b><br>9:00- 10:00 am<br><i>held at HHH</i>   | LAKE & OCEAN<br>EXPLORERS <b>IP</b><br>9:30- 10:00 am   |   |   |   | CLOWNFISH <b>IP</b><br>9:30- 10:00 am  |  |
| FOR THE LOVE<br>OF FIT <b>WF</b><br>9:45- 10:45 am  |   | FOR THE LOVE<br>OF FIT <b>WF</b><br>9:45- 10:45 am  |   | FOR THE LOVE<br>OF FIT <b>WF</b><br>9:45- 10:45 am<br><b>FREE!</b> in April                                 | LAKE & OCEAN<br>EXPLORERS <b>IP</b><br>10:00- 10:30 am   |  |
| ADULT LAP SWIM<br>11:00 am- 1:00 pm   | ADULT LAP SWIM<br>11:00 am- 1:00 pm   | ADULT LAP SWIM<br>11:00 am- 1:00 pm   | ADULT LAP SWIM<br>11:00 am- 1:00 pm   | ADULT LAP SWIM<br>11:00 am- 1:00 pm   | WHALES <b>IP</b><br>10:00- 11:00 am<br>TADPOLE & MINNOW <b>IP</b><br>10:30- 11:30 am<br>SHARK, DOLPHIN,<br>BARRACUDA, STINGRAY,<br>MARLIN, MARINER &<br>S.E.A.L.S. <b>IP</b><br>11:00 am- Noon |  |
|   | POST THERAPY<br>FITNESS <b>WF</b><br>1:15- 2:00 pm  |   | POST THERAPY<br>FITNESS <b>WF</b><br>1:15- 2:00 pm  |   | PUBLIC/OPEN SWIM<br>12:30- 2:30 pm<br>1/6 - 5/11   | PUBLIC/OPEN SWIM<br>12:30- 2:30 pm<br>1/7 - 5/12 |
| GATORS SWIM TEAM<br>[ALL LEVELS]<br>3:45- 5:15 pm<br><i>Apr - May only</i><br><i>See page 15 for levels</i> | GATORS SWIM TEAM<br>[ALL LEVELS]<br>3:45- 5:30 pm<br><i>Apr - May only</i><br><i>See page 15 for levels</i> | GATORS SWIM TEAM<br>[ALL LEVELS]<br>3:45- 5:30 pm<br><i>Apr - May only</i><br><i>See page 15 for levels</i> | GATORS SWIM TEAM<br>[ALL LEVELS]<br>3:45- 5:15 pm<br><i>Apr - May only</i><br><i>See page 15 for levels</i> | GATORS SWIM TEAM<br>[ALL LEVELS]<br>3:45- 5:30 pm<br><i>Apr - May only</i><br><i>See page 15 for levels</i> |  |  |
| GATORS SWIM TEAM<br>[OPEN TRAINING]<br>4:00- 5:00 pm<br><i>Jan - Mar only</i>                               |   |   | GATORS SWIM TEAM<br>[OPEN TRAINING]<br>4:00- 5:00 pm<br><i>Jan - Mar only</i>                               |   |  |  |
|   | WHALES <b>IP</b><br>4:30- 5:30 pm   | LAKE & OCEAN<br>EXPLORERS <b>IP</b><br>4:30- 5:00 pm  |   |   |  |  |
| FIT HAPPENS P.M. <b>WF</b><br>5:30- 6:30 pm<br><b>FREE!</b> in March  | SHARK, DOLPHIN,<br>BARRACUDA, STINGRAY,<br>MARLIN, MARINER &<br>S.E.A.L.S. <b>IP</b><br>5:30- 6:30 pm       | TADPOLE &<br>MINNOW <b>IP</b><br>5:00- 6:00 pm  | FIT HAPPENS P.M. <b>WF</b><br>5:30- 6:30 pm   | PUBLIC/OPEN SWIM<br>6:00- 8:00 pm<br>1/5 - 5/10   | <b>INTERESTED LAP SWIMMERS UNDER 18<br/>MUST GET PERMISSION TO ATTEND ADULT<br/>LAP SWIM.</b><br><br><b>CONTACT NATHANIEL AT (309) 944-5695.</b>   |  |
| FAMILY/LAP SWIM<br>7:00- 8:00 pm  | FAMILY/LAP SWIM<br>7:00- 8:00 pm  | FAMILY/LAP SWIM<br>7:00- 8:00 pm  | FAMILY/LAP SWIM<br>7:00- 8:00 pm  |   |  |  |

**ADULT LAP SWIM** Included in Community Center or Park District Membership, Non-Members pay daily admission fee [\$9 Adult or \$8 Senior/Youth].  
2 lanes reserved for Lap Swimmers, 2 lanes reserved for water exercise. *Lanes adjusted based on intended usage.*

**FAMILY/OPEN SWIM** Included in Community Center or Park District Membership, Non-Members pay daily admission fee.  
2 lanes reserved for Lap Swimmers, 2 lanes reserved for Family Swim

**WF** Water Fitness Class held at the Community Center Indoor Pool. *Registration or walk-in fee required to attend.*  
A **FREE** Water Fitness Class is offered each month. [LEARN MORE >](#)

**IP** Learn to Swim classes held at the Community Center Indoor Pool. *Registration is required to attend.*  
[LEARN MORE >](#)

