

SUN	MON	TUE	WED	THU	FRI	SAT
FitNation Pool Labor Day Hours: 7:00a-12:00p	Open Swim 5:00a-7:30a	Reserved for Fitness Members 5:00a-9:30a	Open Swim 5:00a-7:30a	Reserved for Fitness Members 5:00a-8:30a	Open Swim 5:00a-7:30a	FitNation Pool Thanksgiving Hours: 7:00a-12:00p
Reserved for Fitness Members 8:00a-8:30a	Reserved for Fitness Members 7:30a-9:00a	Hydro-Fit® 9:30a-10:25a	Reserved for Fitness Members 7:30a-9:30a	Hydro-Fit® 8:30a-9:25a	Reserved for Fitness Members 7:30a-9:30a	Reserved for Fitness Members 7:00a-8:00a
Swim School 8:30a-12:00p	Hydro-Fit® 9:00a-9:55a	Reserved for Fitness Members 10:30a-11:00a	Hydro-Fit® 9:30a-10:25a	Reserved for Fitness Members 9:30a-11:00a	Hydro-Fit® 9:30a-10:25a	Hydro-Fit® 8:00a-8:55a
Open Swim 12:00p-2:00p	Reserved for Fitness Members 10:00a-11:00a	Warren Township Senior Center Hydro-Fit® 11:00a-12:00p (Preregistration Required)	Open Swim 10:30a-1:00p	Warren Township Senior Center Hydro-Fit® 11:00a-12:00p (Preregistration Required)	Warren Township Senior Center Hydro-Fit® 11:00a-12:00p (Preregistration Required) <i>Begins October</i>	Swim School 9:00a-3:15p
Swim School 2:00p-5:00p	Warren Township Senior Center Hydro-Fit® 11:00a-12:00p (Preregistration Required) <i>Begins October</i>	Open Swim 12:00p-4:00p	Reserved for Fitness Members 1:00p-4:30p	Open Swim 12:00p-4:30p	Swim School 1:00p-2:30p	
Open Swim 5:00p-7:00p	Swim School 1:00-3:00p	Swim School 4:30p-8:30p		Swim School 4:00p-9:00p	Reserved for Fitness Members 2:30p-4:30p	Open Swim 3:15p-7:00p
 School's Out Open Swim! See back for more details!	Reserved for Fitness Members 3:00-4:30p	Water Warriors 5:45p-6:30p	Swim School 4:30p-8:15p	Hydro-Fit® 6:00p-6:55p	Swim School 4:30p-6:30p	 Pumpkin Plunge Open Swim Saturday, October 28 3:30-6:00p
	Swim School 4:30p-9:00p	Reserved for Fitness Members 8:30p-9:00p	Open Swim 8:15p-9:00p		Open Swim 6:30p-9:00p	

Note: The schedule is subject to change without notice. **Fitness member lap lanes may be reduced to one lane during designated swim school times or more than 16 participants in Hydro-Fit.** Please visit our website for the most up to date calendar.

OPEN SWIM: Available to Fitness Members, Childcare Add-on Members, Pool Pass Members and those wishing to pay the \$6.00 daily fee.

RESERVED FOR FITNESS MEMBERS: For Fitness Members 12 years or older only. No children under the age of 12 allowed during this time.

SWIM SCHOOL: For registered Swim School participants only.

HYDRO-FIT® / WATER WARRIORS: For Fitness Members aged 12 or older with the Group Ex Add-on option and those with the 10-visit punch pass only. Note: Aquatic fitness classes may share the pool with swim school.



Pumpkin Plunge

Saturday, October 28th
3:30 - 6:00 pm FitNation Pool

\$7 per child (parents and children 2 years and younger are free)
 Collect pumpkins - Make a craft - Stay for a swim

Pumpkin Plunges

2-4 yrs • 3:45 p.m. ID# 203999-01	8-10 yrs • 4:45 p.m. ID# 203999-03
5-7 yrs • 4:15 p.m. ID# 203999-02	11-13 yrs • 5:15 p.m. ID# 203999-04

Children must be accompanied by a parent in the pool. Pre-registration is required. Register online at register.gurneeparkdistrict.com or at a community center front desk.



October 9 10:00 am – Noon
November 10 11:00 am – 1:00 pm
November 22 2:00 pm – 4:00 pm

Bring the family and enjoy open swim at the indoor pool.

\$4 admission. Children under three are free. Free admittance for FitNation members. Pay at the door.

OPEN SWIM

Fee: \$6.00

Great for family time in the water! Games, toys, etc. will be allowed as long as the use of them does not create a safety hazard for self or others. Games, toys, etc. may be removed depending upon attendance levels. A parent must be in the water with children under eight years of age.

*A lap lane will be provided as necessary during open swim times for those that wish to swim laps. (Any other time attendance is low, a lane line can be added by request to the lifeguard on duty.)

AQUATIC FITNESS

Daily Drop-In Fee: \$12.00
 10 Punch Card Pass: \$70.00

Aquatic group exercise classes are designed to give you a great, low impact work out and challenge your body in ways you just can't on land!

Hydro-Fit®: This class uses aerobic/strength training with intervals of modified Pilates moves to challenge and strengthen your core. Some work in deeper water to maximize aquatic benefits.

Water Warriors: This class combines aquatic kick boxing and HIIT for the ultimate in-water workout!