

Evanston Recreation Center

Winter Pool Schedule 2017 - 2018

October 30 - April 21

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 7:30 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
9:00 - 10:00 am	Water Aerobics	9:15 am Water	Water Aerobics	9:15 am Water	Water Aerobics		
10:00 am - 1:30 pm	Lap Swim Main Pool	Lap Swim Main Pool	Lap Swim Main Pool	Lap Swim Main Pool	Lap Swim Main Pool	10 - 11 am Open Kayak	
10:00 am - 1:30 pm	Wade Pool Swim	Wade Pool Swim	Wade Pool Swim	Wade Pool Swim	Wade Pool Swim	11:00 am - 1:30 pm Lap Swim	12:00 pm - 1:30 pm Lap Swim
4:30 - 5:55 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	1:30 pm - 4:30 pm Rec Swim	1:30 pm - 4:30 pm Rec Swim
6:00 - 6:55 pm	Water Aerobics	Swimming Lessons	Water Aerobics	Swimming Lessons	Water Aerobics		
7:00 - 8:30 pm	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim		



Children 5 - 8 years old must be directly supervised by an adult, 16 years or older, from the pool deck, or in the water

Children 4 years of age & under must be directly supervised in the water by an adult, 16 years or older.

Swim diapers are required for infants and toddlers.

For more information visit www.evanstonparksandrec.org

OR

Evanston Parks and Recreation Center

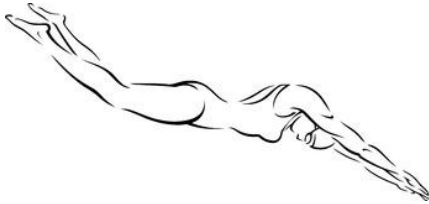


See descriptions on back!

LAP SWIM - These times are specifically set aside for lap swimming and aquajogging. Kickboards, Pull Buoys, Aquajoggers, and Delta Bells are available for use at this time. Fins available upon request. Youth lap swimming is allowed at the discretion of the lifeguard.



REC SWIM - Pool Slides, balls, tubes (main pool only) and floating fishes (wading pool only) are always available to use.



WATER EXERCISE - A moderate cardiovascular workout plus stretching, strength, and muscle toning exercises. Great exercise and great fun. Included with your general admission or pass; please sign in at the front desk.



SWIMMING LESSONS - Children can learn swimming skills and water safety in American Red Cross (ARC) swimming lessons. Taught by ARC Water Safety Instructors.

NOTE: The Hot Tub closes for the night at the same time as all the other pools close: 8:30 pm Monday-Friday, and 4:30 pm on Saturday and Sunday.