



Evanston Recreation Center Summer Pool Schedule 2018 June 4 - August 24



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
5:30 - 7:30 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
8:00 - 8:55 am	Open Exercise		Open Exercise		Open Exercise	
9:00 - 12:00 pm	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		
12:00 - 1:30 pm	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only	Lap Swim Only
1:30 - 4:30 pm	Rec Swim	Rec Swim	Rec Swim	Rec Swim	\$1 Youth Rec Swim	Rec Swim
4:30 - 5:55 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
6:00 - 6:55 pm	Water Aerobics	Swimming Lessons	Water Aerobics	Swimming Lessons		
7:00 - 8:30 pm	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim	

Check Out Our Pool Patio!!

AQUATICA POOL OBSTACLE COURSE

Monday June 11, July 16, August 13
1:30 – 4:30 pm

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.

Note: There is no wading pool swim in the mornings during the summer.

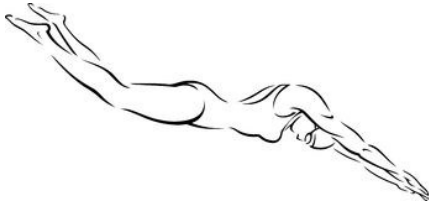


See descriptions on back!

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.