





# LEMONT PARK DISTRICT AQUATIC SCHEDULE DESCRIPTIONS



## Lap Swim

Lap swim is a time designated for constant lap swimming and/or moving through the water in an exercise manner. When there are more than 2 people per lap, patrons are required to swim circles. Lap swimmer is open to patrons 10 yrs. old and up.

## Fluid Running

Fluid Running (deep water running) classes will challenge you whether you are in peak physical condition or trying to get in shape. Fluid Running belts are used for buoyancy and to maintain proper vertical running form. Punch cards cannot be used for this

## class Training

This time of year we are preparing staff to work at the outdoor pool as lifeguards and swim instructors. There are times when we need to test out on water skills and will need part of the indoor pool to provide the best and safest staff around.

## Swim Lessons

Swim Lessons are a fee based program in which we teach children ages 6 months to 12 years old the mechanics of moving through the water, water safety and water sports and games.

## Parent Tot

Parent Tot swim is a family swim time for parents with children under the age of 5. Children and parents are allowed to enjoy the pool for splashing, socializing and exercise. All children **MUST** be accompanied by an adult 16 years of age or older **and MUST be within arms reach of the adult at all times.**

## Aqua Fitness

Each week different class formats will be utilized such as Deep Pilates and Shallow Water Fitness. Please check at the Service Desk for registration.

## LHS or OQMS

The Lemont Park District is proud to host the Lemont High School Girls and Boys Swim Team and Old Quarry Middle School Swim Team. The teams practice here year round and we host some swim meets throughout the year.

## Open Swim

Open swim is an open swim time for members and their children. Children under 9 **MUST** be accompanied by an adult 16 years of age or older and **MUST be within arms reach of the adult at all times.** All swimmers will be required to take a swim test to enter the deep end

## Aqua Zumba

Aqua Zumba® blends the Zumba® philosophy with water resistance, there is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps

## tone your muscles Deep Pilates

The unique physical properties of water provide support, resistance and assistance to help you achieve your goals. Flotation belts and resistance gloves provided. Please check at the Service Desk for registration.

## Masters

Masters our BIG Fins Masters Swim Team program. It is an adult competitive swim team. This a fee based program & the designated lanes are blocked off during this time.

## Dolphins

The Lemont Dolphins Swim Team is a competitive swim program dedicated to teaching youth to swim and develop skills for competition on the local and regional level. Swim team is for children 6 years to 18 years. All participants must try out before

## enrolling Private Rental

Private rentals share the pool with the patrons. Examples of private rentals are scuba diving and birthday parties.

## SEASPAR

SEASPAR is the South East Association for Special Parks And Recreation. The Lemont Park District is a proud member of SEASPAR and we host many of their programs in and out of the water.

Pool schedule is subject to change. For the most up to date information about the pool schedule please contact the CORE Service Desk at 630.257.6787 or check out our Facebook Page!