



## HealthTrack Sports Wellness

# Aquatic Schedule

Updated January 3rd, 2025. *SCHEDULE SUBJECT TO CHANGE*

**Aquatic Center Hours:**

**Monday- Friday 5:00AM- 10:00PM, Saturday 7:00AM- 7:00PM, Sunday 7:00AM- 6:00PM**

Lap Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>#Aqua Fit</b> 9:30-10:30AM (Lane 1-5)	<b>#Aqua Fit</b> 9:30-10:30AM (Lane 1-5)	<b>#Aqua Fit</b> 9:30-10:30AM (Lane 1-5)	<b>#Aqua Fit</b> 9:30-10:30AM (Lane 1-5)	<b>#Aqua Fit</b> 9:30-10:30AM (Lane 1-5)	<b>#Aqua Fit</b> 8:30-9:30AM (Lane 1-5)
		<b>#Aqua Fit</b> 5:30-6:30PM (Lane 4-5)		<b>#Aqua Fit</b> 5:30-6:30PM (Lane 4-5)		

**Visit the HealthTrack app or HTSW.net to make your Lap Lane Reservations.**  
Contact the Aquatics Department at 630.348.5377

Therapy Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Adult Swim &amp; Private Instruction</b> 7:00- 9:00AM	<b>Adult Swim &amp; Private Instruction</b> 9:00-11:00AM	<b>Adult Swim &amp; Private Instruction</b> 9:00-11:00AM		<b>Adult Swim &amp; Private Instruction</b> 9:00-11:00AM		<b>Adult Swim &amp; Private Instruction</b> 7:00- 9:00AM
	<b>#Aqua Tone and Balance*</b> 1:00- 1:45PM		<b>#Warm Water Pilates*</b> 12:00-12:45PM		<b>#Warm Water Tai Chi</b> 12:00-1:00PM	
<b>Family Swim</b> 3:00- 5:00PM	<b>Family Swim</b> 3:00- 5:00PM	<b>Family Swim</b> 1:00- 3:00PM	<b>Family Swim</b> 1:00- 3:00PM	<b>Family Swim</b> 1:00- 3:00PM	<b>Family Swim</b> 1:00- 3:00PM	<b>Family Swim</b> 3:00- 5:00PM
			<b>Adult Swim &amp; Private Instruction</b> 8:00-10:00PM		<b>Adult Swim &amp; Private Instruction</b> 8:00-10:00PM	

KEY: # Gentler format class \*Sign up is required

**American Red Cross Learn to Swim Programs beginning February 2025. Learn to Swim Group lessons will be held in Therapy and Lap Pools. Dates to be displayed 2025.**