

# Park Fitness Indoor Pool

December 1–31

General Indoor Pool Hours  
 Mon–Thurs: 5:30am–8:00pm  
 Fri: 5:30am–7:30pm  
 Sat & Sun: 7:00am–5:30pm

Lap Lanes Available	5:30am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	
Monday	6 Lanes 5:30a–8:30a			2 Lanes 8:30a–9:30a		6 Lanes 9:30a–4:00p						2 Lanes 4:00–6:30p		1 Lane 6:30–8:00p		CLOSED	
Tuesday	6 Lanes 5:30a–8:30a			2 Lanes 8:30a–9:30a		6 Lanes 9:30a–4:00p						2 Lanes 4:00–6:30p		1 Lane 6:30–8:00p		CLOSED	
Wednesday	6 Lanes 5:30a–8:30a			2 Lanes 8:30a–9:30a		6 Lanes 9:30a–5:00p						1 Lane 5:00–8:00p			CLOSED		
Thursday	6 Lanes 5:30a–8:30a			2 Lanes 8:30a–9:30a		6 Lanes 9:30a–1:00p			4 Lanes 1–2p	6 Lanes 2:00–4:00p		3 Lanes 4:00–7:00p			6 Lanes 7–8p	CLOSED	
Friday	6 Lanes 5:30a–8:30a			2 Lanes 8:30a–9:30a		6 Lanes 9:30a–7:30p										CLOSED	
Saturday	CLOSED		6 Lanes 7:00a–9:30a			2 Lanes 9:30a–12:30p			3 Lanes 12:30–5:30p				CLOSED				
Sunday	CLOSED		6 Lanes 7:00a–9:30a			2 Lanes 9:30a–12:30p			3 Lanes 12:30–5:30p				CLOSED				

<b>Adult Lap Swim</b>	Adults 16 years and older. The facility is not protected by lifeguards during this time. Swimming alone is not recommended. Park district programming, including Private Swim Lessons will effect the amount of lap lanes available in our shaded community space. During busy times, Swimmers are asked to share lanes to swim side-by-side or circle swim.
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<b>Aqua Fitness</b>	Water Aerobics classes are led by a certified group exercise instructors. Classes focus on aerobic endurance, resistance training, and creating an enjoyable atmosphere with music. To participate in class, participants need to have a Park Fitness Membership or pay a daily fee at the front desk.
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<b>Lessons &amp; Programs</b>	Swim Lessons and Swim Team have designated time for park district programming. There are limited lap lanes available based on class/program size.
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<b>Open Swim</b>	Recreational pool time allowing for a variety of activities like splashing, family use, and general recreation, rather than structured lap swimming. *Private swim lessons may be taking place which limits the amount of lap lanes available in our shared community space.
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**Announcement:** Nov 13–Dec 18: Rental on Thursdays, 1:00–2:00p  
 Additional Holiday Open Swim Hours will be posted mid-December

*Revised: 12/01/2025 all times and lane availability are subject to change with or without notice. Please call the front desk at 847.579.4554 for information.*