



 **PROVENA** Saint Joseph

Inwood Athletic Club

Fitness Schedule

A Joliet Park District Facility
Provena Saint Joseph Inwood Athletic Club
3000 West Jefferson Street, Joliet, Illinois 60435
815.741.7275

Visit www.inwoodathleticclub.com

Aquatics Hours

Mon – Fri
4:30 am – 9:00 pm
Sat
6:00 am – 6:00 pm
Sun
7:00 am – 6:00 pm

Schedule
January 1
thru
June 3

**2 lanes will be
open for lap swim
at all times!**

(except during competitive
swim meets, special events
or rentals)

Winter/Spring 2011 Pool Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim	7 – 10 am	4:30 – 1 pm	4:30 – 11 am	4:30 – 1 pm	4:30 – 9 am	4:30 – 1 pm	6 – 9 am
Open Swim	10 am – 6 pm	1 – 5:30 pm	11 am – 5 pm 7:30 – 9 pm	1 – 5:30 pm	10 am – 5 pm	1 – 9 pm	1:30 – 6 pm
Swim Lessons		5:30 – 7 pm	6 – 7:30 pm	5:30 – 7 pm	6 – 7 pm		9 am – 1:30 pm
Swim Team		5:30 – 6:30 am 4 – 5:30 pm 7 – 9 pm	4 – 7 pm	5:30 – 6:30 am 4 – 5:30 pm 7 – 9 pm	4 – 9 pm	5:30 – 6:30 am 4 – 6 pm	6 – 8 am

Aquatic Descriptions

Open Swim During this time the pool will be open for all ages. Anyone 12 years of age and under must be accompanied by an adult 18 years of age or older.

Lap Swim This time is designated for lap swimming and water walking. Two lanes of the eight lane pool will be available for lap swim at all times, with the only exception being a competitive swim meet, special event or rental.

Parent/Tot Swim Time Parents, this time is reserved just for parents and their little ones to enjoy the pool. Spend quality time with your kids in the water playing games and practicing your swimming skills. Adults and kids under 6 years old.

Swim Lessons

All of our swim lesson instructors are American Red Cross certified Water Safety Instructors or Instructor Aides.

Water Babies I & II (Ages 6 months to 3 years) Parents, this program lets participants explore and become comfortable in the water with you right by their side. Our instructor will guide you and your child through different water activities and songs that promote water safety knowledge, aquatic adjustment, and swimming readiness skills. Classes will meet for a total of eight lessons. All children three years and under or children regularly diapered must wear facility approved, reusable swim pants. Swim pants will be available at the Provena Saint Joseph Inwood Athletic Club for \$6.

Aqua Tots (Ages 3 years to 5 years) This class is designed specifically for ages 3–5. Your toddler will be introduced to basic swimming skills and water safety through fun water activities. All children three years and under or children regularly diapered must wear facility approved, reusable swim pants. Swim pants will be available at the Provena Saint Joseph Inwood Athletic Club for \$6.

Learn-to-Swim (Ages 5 years to 12 years) This American Red Cross instructional program covers swimming skills and water safety knowledge in a logical progression through six levels. Participants will be tested on the first day of class and placed into the appropriate level based on skill. Please be aware that it may take more than one session to advance a level.

Adult Swim Lessons (Ages 13 years and older) It is never too late to learn to swim. Whether your goal is to just be comfortable in the water or stroke improvement, our instructors will work with you to set and achieve your goal.