

## DECEMBER POOL SCHEDULE

Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
5:30 – 7:30am Adult Lap Swim	5:30 – 7:30am Adult Lap Swim	5:30 – 7:30am Adult Lap Swim	5:30 – 7:30am Adult Lap Swim	5:30 – 7:30am Adult Lap Swim	6:30am – 8am Adult Lap Swim	6:30 – 8am Adult Lap Swim
7:30 – 8:30am Aquatics in Action Pam	7:30 – 8:30am Aquatics in Action MJ	7:30 – 8:30am Aquatics in Action MJ	7:30 – 8:30am Aquatics in Action Sandi	7:30 – 8:30am Aquatics in Action Sandi	8 – 9am Aquatics in Action Judy	
		8:30 – 11am 12 – 1pm Open Lap Swim			9 – 10am Aquatics in Action Judy	8am – 1pm Open Lap Swim
8:30am-1pm Open Lap Swim	8:30am-1pm Open Lap Swim	11am – 12pm Adult Stroke Clinic No lap swim	8:30am-1pm Open Lap Swim	8:30am-1pm Open Lap Swim	10 – 12pm Jr. Swim Lessons No lap swim	1 – 2:30pm Jr. Swim Lessons No lap swim
1 – 2pm Aquatics in Action MJ	1 - 2pm Aqua Pilates MJ	1 - 2pm Aquatics in Action Dawn	1 - 2pm Aquatics in Action Dawn	1 - 2pm Aquatics in Action Char	12 - 4pm Open Lap Swim	2:30 - 4pm Open Lap Swim
2 – 4pm Open Lap Swim	2 – 4:45pm Open Lap Swim	2 – 4pm Open Lap Swim	2 – 6pm Open Lap Swim			
4 – 5:40pm Jr. Swim Lessons No lap swim	4:45 – 5:30pm Jr. Stroke Clinic No lap swim	4 – 5:40pm Jr. Swim Lessons No lap swim		2 – 3pm Ai-Chi No lap swim	FAMILY SWIM 4 - 6 pm	FAMILY SWIM 4 - 6 pm
6 – 7pm Hydro Cardio Kickboxing/Pilates Danielle	5:30 – 6:30pm Adv. Jr. Stroke Clinic No lap swim		6 – 7pm Aqua Pilates MJ		Please note that there will be no lap swim from 10:30am – 12:30pm on Dec. 21-23 and Dec. 28-30 for the kids' holiday camp.	
7 – 8pm Open Lap Swim	6:30 – 8pm Open Lap Swim	5:30 – 8pm Open Lap Swim	7 – 8pm Open Lap Swim	3 – 7pm Open Lap Swim		
8 - 11pm Adult Lap Swim	8 - 11pm Adult Lap Swim	8 - 11pm Adult Lap Swim	8 - 11pm Adult Lap Swim	7 - 11pm Adult Lap Swim	6 - 8pm Adult Lap Swim	6 - 9:30pm Adult Lap Swim

**BLUE** – Water Classes included in all memberships except Tennis and Lap Swim Only – No Lap Swim  
**PURPLE** – Family Swim (Private Lessons may occur in 1 lane during lap swim on an occasional basis)  
**ORANGE** – Open Lap Swim (children's private lessons may occur during these times)

**BLACK** – Adult Lap Swim (any private lessons during this time are strictly for adults)  
**GREEN** – Specialty Classes (additional fee) - No Lap Swim

## **ABOUT OUR WATER EXERCISE PROGRAMS**

We here at Oakbrook Racquet and Fitness Club pride ourselves on having some of the area's most talented instructors. Every staff member has taken the time and dedication to become certified in their field of expertise. Our instructors are required to continue their education to stay up-to-date on current exercise safety and to follow the latest research to make sure all our members get safe and effective workouts. If you have comments, questions, or concerns please contact Char Mahar, Aquatic Director at [cmahar@obrfc.com](mailto:cmahar@obrfc.com).

**SWIM LESSONS are available for children and adults and may be held during Open Lap Swim times. You may enroll in private, semi private, group lessons or swim stroke clinic depending on your swimming level. Please see the front desk for more information.**

## **CLASS DESCRIPTIONS**

**AQUATICS IN ACTION** (60 minutes) A well balanced aerobic class encompassing cardio, strength, and stretching. Perfect for all ages and abilities.

**AQUA PILATES** (60 minutes) Get longer, leaner and stronger by strengthening your core. Improve balance, muscle tone and circulation. Increase flexibility and joint mobility. Consider supplementing this class with mat Pilates and reformer machines.

**AI CHI** (60 minutes) Ai Chi is a peaceful thought centered approach to balance, flexibility and range of motion taught in the harmonious waters of the pool. This non-Aerobic, stress reducing, low impact class is great for all fitness levels, including persons with arthritis, fibromyalgia, or those recovering from surgery wishing to regain strength, flexibility and range of motion. **This class is available to all club members.**

**HYDRO CARDIO KICKBOXING/PILATES** (60 minutes) Make your Monday nights matter! Join us for an intense cardio kick boxing session in the pool where we will perform arm, leg, chest, back and core strengthening exercises while staying at a cardiovascular training and fat burning level. This will be combined with Aquatic Pilates moves to further strengthen your core. We will use a variety to pool tools to enhance your workout.

**Note: All classes are appropriate for any fitness level. You need no prior experience to attend any class. Please feel free to introduce yourself to the instructors; they would love to answer any of your questions! We look forward to seeing you in the POOL TODAY!**