

AUGUST 2010 POOL SCHEDULE

Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
5:30 – 7:30am Lap Swim	5:30 – 7:30am Lap Swim	5:30 – 7:30am Lap Swim	5:30 – 7:30am Lap Swim	5:30 – 7:30am Lap Swim	7am – 8am Lap Swim	7 – 8am Lap Swim
7:30 – 8:30am Aquatics in Action Pam	7:30 – 8:30am Aquatics in Action Dawn	7:30 – 8:30am Aquatics in Action MJ	7:30 – 8:30am Aquatics in Action Colette	7:30 – 8:30am Aquatics in Action Sandi	8 – 9am Aquatics in Action Judy	
8:30 – 9:30am Aquatics in Action MJ	8:30 – 9:30am Aquatics in Action Dawn	8:30 – 9:30am Aquatics in Action MJ	8:30 – 9:30am Aquatics in Action Colette	8:30 – 9:30am Aquatics in Action Sandi	9 – 10am Aquatics in Action Judy	
10am – 12pm Jr. Swim Lessons No lap swim	10am – 12pm Jr. Swim Lessons No lap swim	10am – 12pm Jr. Swim Lessons No lap swim	10am – 12pm Jr. Swim Lessons No lap swim			
12 – 7pm Lap Swim	12 – 1pm Lap Swim	12 – 7pm Lap Swim	12 – 7pm Lap Swim	9:30am-1pm Lap Swim	10am – 12pm Lap Swim	8am – 12pm Lap Swim
	1 – 2pm Aqua Pilates MJ	Monday night Hydro Cardio and Thursday night Aqua Pilates are on hiatus during August and will be back in September. Starting Monday, 8/30, the 8:30 - 9:30am Aquatics in Action class will move back to the 1-2pm slot.		1 – 2pm Ai Chi Sandi		
	2pm - 7pm Lap Swim			2pm - 5pm Lap Swim		
				FAMILY SWIM 5 - 7 pm No lap swim	FAMILY SWIM 12 - 2 pm No lap swim	FAMILY SWIM 12 - 2 pm No lap swim
7 - 10pm Lap Swim	7 - 10pm Lap Swim	7 - 10pm Lap Swim	7 - 10pm Lap Swim	7 - 8pm Lap Swim	2 – 5pm Lap Swim	2 – 3pm Lap Swim

BLUE – Water Classes included in all memberships except Tennis and Lap Swim Only – **No Lap Swim**
BLACK – Lap Swim for ADULT MEMBERS ONLY (any private lessons during this time are strictly for adults)
PURPLE – Family Swim (Private Lessons may occur in 1 lane during lap swim on an occasional basis)
GREEN – Specialty Classes (additional fee) - **No Lap Swim**
ORANGE – Lap Swim for members (children’s private lessons may occur during these times)

The pool will be closed for Annual Maintenance and Mural Preservation 8/ 14 (after classes) through 8/18. The pool will reopen Thursday, 8/19.

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@obrhc.com.

SWIM LESSONS are available for children and adults and may be held during 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: There is no lap swimming allowed during class times.

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.**

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!