## Splash Landings Schedule – Effective 2/29/2020 through 5/17/2020
**A Facility of the Glenview Park District**
847-486-5372

<table>
<thead>
<tr>
<th>Pass Type Access</th>
<th>Lap Swim</th>
<th>WWT</th>
<th>Public Swim</th>
<th>Activity Pool &amp; Waterslide</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Fitness Membership Aquatic Guest Pass Daily Fee</td>
<td>Fitness Membership 4 &amp; 5 Star Members Aquatic Guest Pass Daily Fee</td>
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<tr>
<td><strong>Monday</strong></td>
<td>5:30am-8pm</td>
<td>5:30am-7:55am 11:30am-12:30pm 6pm-8pm</td>
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<td><strong>Tuesday</strong></td>
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<td><strong>6pm-8pm</strong></td>
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<td><strong>Wednesday</strong></td>
<td>5:30am-8pm</td>
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<td><strong>Thursday</strong></td>
<td>5:30am-2pm 6pm-8pm</td>
<td>5:30am-7:55am 6pm-8pm</td>
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<td><strong>6pm-8pm</strong></td>
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<td><strong>Friday</strong></td>
<td>5:30am-8pm*</td>
<td>5:30am-7:55am 11:30am-12:30pm 4pm-8pm**</td>
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<td><strong>4pm-8pm</strong></td>
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<td><strong>Saturday</strong></td>
<td>7am-10am 1pm-5pm</td>
<td>7am-10am 1pm-5pm</td>
<td>7am-10am 1pm-5pm</td>
<td>1pm-5pm</td>
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<tr>
<td><strong>Sunday</strong></td>
<td>7am-5pm</td>
<td>7am-5pm</td>
<td>7am-5pm</td>
<td>1pm-5pm</td>
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</tbody>
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* Glenbrook Swim Club will use 3 lanes from 4:15-7:15pm
** NSSRA shares the Warm Water Therapy

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### Spring Swim Lesson Dates
Beginning the week of March 30 – May 14
- **Monday – Thursday**: 4pm-7pm
- **Saturday**: 9am-1pm
- **Sunday**: 9am-1pm

Prepare for lap lane availability to be impacted.

### Extended Public Swim Hours
**Spring Break**
March 23-27
11:00 am – 8:00pm

### Splash Landings will be CLOSED
- **Sunday, March 29** from 7-11am (Indoor Triathlon)
- **Sunday, April 12** (Easter)

**All children under the age of 9 must be arms reach of an adult in the proper swim attire at all times.**

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### Entrance Fees:
- **Daily Fees** – Resident $6 / Nonresident $7
- **May 1st** – Resident $7 / Nonresident $8
- **4 Star Membership**
- **5 Star Membership**
- Park Center Health & Fitness Membership

Updated 3.1.20
## Aqua Fitness Group X

<table>
<thead>
<tr>
<th></th>
<th>Lap Pool</th>
<th>Warm Water Therapy</th>
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</table>
| **Monday**        | 9:15am-10:05am Aqua Zumba  
10:15am-11:05am Hydro Power |                                     |
| **Tuesday**       | 8:15am-9:10am Aqua Core & Balance  
9:15am-10:05 Aqua Zumba | 4:15pm-5:00 pm Aqua Barre **  
5:10pm-5:55pm Aqua Yoga** |
| **Wednesday**     | 9:00am-9:55am Deep Aqua  
10:00am-10:55am H2O Intervals |                                     |
| **Thursday**      | 8:15am-9:10am Aqua Core & Balance  
9:15am-10:05 Deep Aqua | 4:15pm-5:00 pm Aqua Yoga**          |
| **Friday**        | 9:00-9:55am Aqua Pilates  
10:00-10:55am Aqua Zumba |                                     |
| **Saturday**      |                                              | 10:15am-11:00a Hydro Stretch & Tone** |
| **Sunday**        |                                              |                                     |

** Pre-registration required on Glenviewparks.org or Park Center Health and Fitness Schedule App

### Hydro Power
Increase cardiovascular and muscular endurance in this fast-paced aqua fitness class! Rock out to high-energy music that will have you forgetting that you’re exercising. A variety of resistance equipment will be used for a total body workout. Cardio combinations of super fun, dance-inspired moves will get your heart pumping.

### Aqua Zumba
Aqua Zumba brings the dance party to water! This class blends together a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

### Tabaqua
A challenging, high-intensity water workout, alternating cardio drills with resistance training. Great cross-training!

### Hydro Stretch & Tone
Perfect for those with muscle soreness, arthritis, back or joint pain or post-physical therapy continuation. Works all major muscle groups.

### H2O Intervals
A high-intensity cardio and resistance workout in the water for aqua fans looking for a challenge.

### Aqua Barre
Experience Barre Burn in the warm water therapy pool using the in-water rail as the barre. Great for warming muscles for stretch and strength. Class limited to 8 participants.

### Aqua Pilates
Pilates has found additional benefits by adapting traditional practice to the zero-gravity feel of an aquatic environment. These new aqua exercises challenge your stability, core strength and develop your breathing in a way that traditional Pilates cannot.

### Aqua Core & Balance
Working in the shallow end of the pool, focus on improving core strength and balance through a variety of exercises.

### Deep Aqua
Aqua Joggers, noodles or suspension make this a challenging water workout.

### High Intensity FUN!
A music centered high-intensity water workout, focusing on cardio-vascular conditioning using resistance equipment as you sing along to your favorite songs.

Visit Glenviewparks.org or Park Center Health and Fitness app for up to date information (cancellations/instructors/etc..)