

# CHICAGO PARK DISTRICT

## Sheridan Park Pool Schedule | Winter | January 5 - March 15, 2026

910 South Aberdeen Street | 312-746-5370-Pool | 312-746-5369-Park

TIME	MON	TUE	WED	THU	FRI	TIME	SAT	SUN
7:00-9:00AM	Lap Swim	Chicago Smelts-7-8am & Lap Swim-8-9am	Lap Swim	Chicago Smelts-7-8am & Lap Swim-8-9am	Lap Swim	9:00-10:00AM	Chicago Smelts	
9:00-10:00AM	Adult Open Swim	Semi Private Swim Lessons	10:00-11:00AM	Tiny Tot II	CLOSED			
10:00AM-11:00AM	Senior Aquatic Exercise I	Senior Open Swim	Senior Aquatic Exercise I	Senior Open Swim	Senior Aquatic Exercise I	11:00AM-12:00PM	Youth Learn to Swim	
11:00 AM-12:00PM	Parent and Tot Open Swim	12:00-1:00PM	Youth/Teen Learn to Swim					
12:00 PM-2:00 PM	Lap Swim	1:15-2:30PM	Parent & Child Swim					
2:00-3:00PM	Open Swim	Open Swim	Open Swim	Open Swim	In-Service Training-2:00-2:30pm Open Swim-2:30-3:00pm	2:30-4:30pm	Lap Swim	
3:00-4:00PM	Park Kids	Tiny Tot II	Park Kids	Tiny Tot II	Park Kids			
4:00-5:00 PM	Youth Learn to Swim							
5:00-6:30PM/6:30-8:00PM	Team Sports-5:00-6:30pm/6:30-8:30pm-Water Polo	Team Sports-5:00-6:30pm/6:30-8:30pm-Water Polo	Team Sports-5:00-6:30pm/6:30-8:30pm-Water Polo	Team Sports-5:00-6:30pm/6:30-8:30pm-Water Polo	Team Sports-5:00-6:30pm/6:30-8:30pm-Senior Men's Water Polo			

\*NO CLASSES TCB WEEK 2/9-2/15

\*Holiday 1/19, 2/12, 2/16



City of Chicago, Brandon Johnson, Mayor  
Chicago Park District Board of Commissioners  
Chicago Park District, Carlos Ramirez-Rosa General Superintendent & CEO

For more information about your Chicago Park District  
visit [www.chicagoparkdistrict.com](http://www.chicagoparkdistrict.com) or call (312) 742-PLAY

### OPEN SWIM DESCRIPTIONS:

#### Parent and Tot Swim

- Max. Age for Tot is 6 years old.

#### Family Swim

- Maximum 3 kids per adult.
- Adult must accompany children in water
- For children 17 years or younger with an adult

#### Adult Swim

- Must be over 18

#### Open Swim

- All Ages

#### Lap Swim

- Membership is needed \$25/month or \$42/3month

# Pool Rules & Regulations

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1. Obey the lifeguards and follow pool rules. They are there for your safety.
2. All persons are required to shower before entering the pool area.
3. Food and drink are not permitted in the pool area.
4. No smoking allowed in the pool area.
5. Clean swimwear is required.
6. No running allowed on pool deck.
7. Only clean footwear or wheelchairs are allowed in the pool area. Persons in street clothes and street shoes are not allowed on the pool deck.
8. Persons with open wounds, excessive sunburn, abrasions that have not healed, or bandages of any kind cannot be allowed in the water.
9. Except during Park District classes, SCUBA gear is not allowed in the pool.
10. No flotation devices may be used in the pool, unless US Coast Guard Approved Flotation Device.
11. Family Swim Parents/Guardians must accompany children in the water.
12. Children 8 and under, who are not at least 8" taller than the shallow end must be accompanied by an adult.
13. Only Chicago Park District Aquatics Unit employees are permitted to teach aquatic classes or coach aquatic programs in pools or at beaches staffed by Chicago Park District Lifeguards. Private instruction or lessons from patrons are not permitted. Patrons attempting to coach or provide instruction during lap swim, open swims and parent & child swims will be asked to stop. If they continue to violate this policy, they will be required to leave the premises.