



1401 W Gregory St.

Meadows Lap Lane Schedule

Please be respectful and use lap swim etiquette

RecPlex Annual Shutdown: Monday 8/17 - Sunday 9/6

Premier/All In Memberships will have access to Des Plaines Prairie Lakes Indoor Pool (For Early Morning, Daytime & Evening Hours)

Check Hours Here: <https://www.dpparks.org/prairie-lakes-aquatics-center/>

August 17 - September 6

Monday	8:30 AM - 11:30 AM	
Tuesday	8:30 AM - 11:30 AM	5:00 PM - 8:00 PM
Wednesday	8:30 AM - 11:30 AM	
Thursday	8:30 AM - 11:30 AM	
Friday	8:30 AM - 11:30 AM	
Saturday & Sunday	12:00 PM- 5:00 PM	



Safety Notice: Lap Swimming is only allowed in the 3 lap lanes. Dive Well is closed, No Exceptions. Water walkers may use the zero depth area.

Lap Swim Etiquette

Lap swim is for ages 18 and older | 2 swimmers should split the lap lane | 3 or more swimmers must circle swim

Introduce yourself to your lap mates and announce your intention to circle swim. All swimmers swim to the right side of the lap lane and pass slower swimmers to the left. The best place to stop is in the corner of the lane at the wall.

Water walkers and exercisers are welcome to use the lap lanes when lap swimmers are not present.

Walker/exercisers must promptly leave lanes 3-8 and move to lanes 1-2 when lap swimmers come to use the lanes.

Lap Swimmers must promptly leave lanes 1-2 and move to lanes 3-8 when walkers/exercisers come to use the space.