

SEVEN BRIDGES LAP POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00am	OPEN		OPEN		OPEN	CLOSED		5:00am
5:30am	WAVES		WAVES		WAVES			5:30am
6:00am	WAVES	OPEN 5am- 8:30am	WAVES	OPEN 5am- 8:30am	WAVES			6:00am
6:30am	WAVES		WAVES		WAVES			6:30am
7:00am	WAVES		WAVES		WAVES	OPEN 6am - 8am		7:00am
7:30am	OPEN		OPEN		WAVES			7:30am
8:00am					OPEN 7:30-8:30am	WAVES ends 9:15	WAVES	8:00am
8:30am	DYNAMIC DEEP	AQUATONIC	DEEP BLUE	HYDRO FITNESS	AQUATONIC	9:15 AQUA BOOTCAMP	WAVES	8:30am
9:00am	DYNAMIC DEEP	AQUATONIC	DEEP BLUE	HYDRO FITNESS	AQUATONIC	AQUA BOOTCAMP 10:15	9:15 AQUATONIC	9:00am
9:30am	OPEN	OPEN	OPEN	OPEN	WAVES		AQUATONIC 10:15	9:30am
10:00am	WAVES	WAVES	WAVES	WAVES	WAVES	OPEN 10:15am - 6:00pm	OPEN 10:15am- 12:00am	10:00am
10:30am	WAVES	WAVES	WAVES	WAVES	WAVES			10:30am
11:00am	OPEN	OPEN 11- 1:00	OPEN	OPEN 11- 1:00	WAVES		11:00am	
11:30am	AQUA MOVES		AQUA MOVES		AQUA MOVES		AQUA MOVES	11:30am
12:00pm	AQUA MOVES		AQUA MOVES		AQUA MOVES		12:00pm	
12:30pm							12:30pm	
1:00pm	OPEN 12:30pm - 5:30pm	DYNAMIC DEEP	OPEN 12:30pm- 5:30pm	AQUA FUSION	OPEN 12:30pm- 4:30pm		1:00pm	
1:30pm		DYNAMIC DEEP		AQUA FUSION			1:30pm	
2:00pm			OPEN 2:00- 5:00PM	OPEN 2:00pm- 5pm	OPEN 12:30pm- 4:30pm		OPEN 12:30pm- 4:30pm	2:00pm
2:30pm								
3:00pm							3:00pm	
3:30pm							3:30pm	
4:00pm							4:00pm	
4:30pm						HYDRO FITNESS	4:30pm	
5:00pm			WAVES		WAVES	HYDRO FITNESS	5:00pm	
5:30pm		AQUA	WAVES	AQUA HIIT	WAVES		5:30pm	
6:00pm	BOOTCAMP	OPEN 6-7	AQUA HIIT	OPEN 6-7		CLOSED at 6pm		
6:30pm								6:00pm
7:00pm	OPEN 6:30pm- 10:00pm	WAVES		WAVES			6:30pm	
7:30pm		WAVES		WAVES			7:00pm	
8:00pm			OPEN 6:30pm- 10:00pm	OPEN 6:30pm- 10:00pm	OPEN 6:30pm- 10:00pm		OPEN 5:30- 10:00PM	7:30pm
8:30pm								
9:00pm		OPEN 8-9PM		OPEN 8-10PM			8:30pm	
9:30pm							9:00pm	
							9:30pm	

THE POOL HAS TWO LAP LANE AND IS AVAILABLE FOR LAP SWIMMING EXCEPT DURING WAVES PRACTICE.

January 2 - June 2, 2024

Edward-Elmhurst
HEALTH & FITNESS CENTER

Healthy Driven

January 2 - June 2, 2024