

Revised 8/19/2021

NAPERVILLE LAP POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:00am	OPEN		OPEN			CLOSED		5:00am	
5:30am	WAVES		WAVES	OPEN 5am-8:45am				5:30am	
6:00am	WAVES	OPEN 5am-8:45am	WAVES					6:00am	
6:30am	WAVES		WAVES					6:30am	
7:00am	WAVES		WAVES		OPEN 5am-9am		OPEN	7:00am	
7:30am	OPEN 7:30-9am		STROKE CLINIC				WAVES	7:30am	
8:00am			STROKE CLINIC			WAVES	8:00am		
8:30am		8:45am MS	STROKE CLINIC	8:45am MS		WAVES	8:30am		
9:00am	AQUA HIIT	MS	AQUATONIC	MS	HYDRO PUMP	9:15 HYDRO FIT	9:15 AQUATONIC	9:00am	
9:30am	AQUA HIIT	MS 9:45am	AQUATONIC	MS 9:45am	HYDRO PUMP	HYDRO FIT 10:15	AQUATONIC 10:15	9:30am	
10:00am	WAVES	WAVES	OPEN 10am-11am	WAVES	WAVES	OPEN 10:15am-4pm	OPEN 10:15am-12:45pm	10:00am	
10:30am	WAVES	WAVES		WAVES	WAVES			10:30am	
11:00am	WAVES	11:15 HYDRO PUMP	RIPPLES	11:15 AQUA HIIT	WAVES			11:00am	
11:30am	WAVES	HYDRO PUMP 12:15	RIPPLES	AQUA HIIT 12:15	WAVES			11:30am	
12:00pm								12:00pm	
12:30pm	HYDRO FIT							RIPPLES	12:30pm
1:00pm	HYDRO FIT						RIPPLES	1:00pm	
1:30pm							STROKE CLINIC	1:30pm	
2:00pm				OPEN 12:15pm-5pm			STROKE CLINIC	2:00pm	
2:30pm	OPEN 12pm-5:30pm	OPEN 12:15 pm-5pm	OPEN 11:45am - 9:00pm		OPEN 12pm-5:30pm			2:30pm	
3:00pm							BEGINS 11/7 WAVES	3:00pm	
3:30pm							WAVES	3:30pm	
4:00pm						CLOSED		4:00pm	
4:30pm									4:30pm
5:00pm		WAVES		WAVES					5:00pm
5:30pm	AQUA	WAVES		WAVES	HYDRO PUMP				5:30pm
6:00pm	BOOTCAMP	OPEN 6-6:45		OPEN 6-6:45	HYDRO PUMP				6:00pm
6:30pm									6:30pm
7:00pm	OPEN 6:30pm - 9:00pm	WAVES		WAVES	OPEN 6:30pm-9:00pm			7:00pm	
7:30pm		WAVES		WAVES				7:30pm	
8:00pm		OPEN 8-9pm		OPEN 8-9pm				8:00pm	
8:30pm								8:30pm	

WE GUARANTEE TWO LAP LANES ARE AVAILABLE FOR LAP SWIMMING EXCEPT DURING WAVES PRACTICE.

September 7, 2021 - January 2, 2022

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