

Revised 6/1/2021

NAPERVILLE LAP POOL

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

Starting June 1, 2021

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