

Revised 12/13/2021

# NAPERVILLE LAP POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00am	OPEN		OPEN			<b>CLOSED</b>		5:00am
5:30am	WAVES		WAVES		5:30am			
6:00am	WAVES	OPEN 5am-8:45am	WAVES	OPEN 5am-8:45am	6:00am			
6:30am	WAVES		WAVES		6:30am			
7:00am	WAVES		WAVES		7:00am			
7:30am	OPEN 7:30-9am			OPEN 5am-9am	OPEN	OPEN	7:30am	
8:00am			STROKE CLINIC			WAVES	WAVES	8:00am
8:30am		8:45am MS	STROKE CLINIC	8:45am MS		WAVES	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			OPEN 11:45am - 5:30pm	OPEN 12:15pm-5pm	OPEN 12pm-5:30pm	STROKE CLINIC	1:30pm	
2:00pm						STROKE CLINIC	2:00pm	
2:30pm	OPEN 12pm-5:30pm	OPEN 12:15 pm-5pm					2:30pm	
3:00pm				2:45 WAVES	3:00pm			
3:30pm				WAVES	3:30pm			
4:00pm							4:00pm	
4:30pm							4:30pm	
5:00pm		WAVES		WAVES			5:00pm	
5:30pm	AQUA	WAVES	PRE/POST NATAL	WAVES	HYDRO PUMP	<b>CLOSED</b>		5:30pm
6:00pm	BOOTCAMP	OPEN 6-7pm	PRE/POST NATAL	OPEN 6-7pm	HYDRO PUMP			6:00pm
6:30pm	OPEN 6:30pm - 9:00pm	WAVES	OPEN 6:30pm-9:00pm	WAVES	OPEN 6:30pm-9:00pm			6:30pm
7:00pm		WAVES		7:00pm				
7:30pm		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.

January 2 - June 5, 2022

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