Revised 12/13/2021

SEVEN BRIDGES LAP POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00am		OPEN			OPEN	CLOSED		5:00am
5:30am	OPEN 5am-8:30am	WAVES	OPEN 5am-11:30am	OPEN 5am-8:30am	WAVES			5:30am
6:00am		WAVES			WAVES			6:00am
6:30am		OPEN 6:30am-8:30am			WAVES			6:30am
7:00am					WAVES	OPEN		7:00am
7:30am					OPEN 7:30am-11:30am	WAVES	OPEN 7am-4pm	7:30am
8:00am						WAVES		8:00am
8:30am	DYNAMIC DEEP	AQUATONIC		DYNAMIC DEEP		WAVES 8:45		8:30am
9:00am	DYNAMIC DEEP	AQUATONIC		DYNAMIC DEEP		AQUA BOOTCAMP		9:00am
9:30am	OPEN 9:30am-11:30am	OPEN		OPEN		AQUA BOOTCAMP		9:30am
10:00am		WAVES		begins 11/7 WAVES		OPEN 10am-4pm		10:00am
10:30am		WAVES		WAVES				10:30am
11:00am		OPEN 11:15am-9pm		OPEN 11:00am-9pm				11:00am
11:30am	AQUA MOVES		DEEP BLUE		AQUA MOVES			11:30am
12:00pm	AQUA MOVES		AQUA MOVES		AQUA MOVES			12:00pm
12:30pm								12:30pm
1:00pm							OPEN 7am - 4pm	1:00pm
1:30pm								1:30pm
2:00pm								2:00pm
2:30pm	OPEN 12:30pm - 6:00pm		OPEN 12:30pm -5pm		OPEN 12:30pm -9pm			2:30pm
3:00pm								3:00pm
3:30pm								3:30pm
4:00pm						CLOSED		4:00pm
4:30pm								4:30pm
5:00pm			AQUA BOOTCAMP					5:00pm
5:30pm			AQUA BOOTCAMP					5:30pm
6:00pm	WAVES							6:00pm
6:30pm	WAVES		OPEN 6:00pm- 9:00pm					6:30pm
7:00pm								7:00pm
7:30pm	OPEN 7:00pm-9:00pm							7:30pm
8:00pm								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

Edward-Elmhurst HEALTH & FITNESS CENTER | Healthy Driven

January 2 - June 5, 2022