

Revised 10/15/2021

SEVEN BRIDGES LAP POOL

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

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

September 7 - January 2, 2022



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