

Revised 5/27/2021

SEVEN BRIDGES LAP POOL

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

Starting on June 1, 2021



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