

Revised 12/08/2022

# NAPERVILLE LAP POOL

|         | Monday                     | Tuesday                  | Wednesday                   | Thursday                | Friday                  | Saturday                | Sunday                       |
|---------|----------------------------|--------------------------|-----------------------------|-------------------------|-------------------------|-------------------------|------------------------------|
| 5:00am  | OPEN                       |                          | OPEN                        |                         |                         | <b>CLOSED</b>           |                              |
| 5:30am  | WAVES                      |                          | WAVES                       |                         |                         |                         |                              |
| 6:00am  | WAVES                      | OPEN<br>5am-8:45am       | WAVES                       | OPEN<br>5am-8:45am      | OPEN<br>5am-9am         |                         |                              |
| 6:30am  | WAVES                      |                          | WAVES                       |                         |                         |                         |                              |
| 7:00am  | WAVES                      |                          | WAVES                       |                         |                         |                         |                              |
| 7:30am  | OPEN<br>7:30-9am           |                          |                             |                         |                         |                         |                              |
| 8:00am  |                            |                          | STROKE CLINIC               |                         |                         |                         |                              |
| 8:30am  |                            | 8:45am MS                | STROKE CLINIC               | 8:45am MS               |                         | OPEN                    | OPEN                         |
| 9:00am  | AQUA HIIT                  | MS                       | AQUATONIC                   | MS                      | HYDRO PUMP              | 9:15 HYDRO FIT          | 9:15 AQUATONIC               |
| 9:30am  | AQUA HIIT                  | MS 9:45am                | AQUATONIC                   | MS 9:45am               | HYDRO PUMP              | HYDRO FIT 10:15         | AQUATONIC 10:15              |
| 10:00am | WAVES                      | WAVES                    | OPEN<br>10am -11am          | WAVES                   | WAVES                   |                         | OPEN<br>10:15am -<br>12:45pm |
| 10:30am | WAVES                      | WAVES                    |                             | WAVES                   | WAVES                   |                         |                              |
| 11:00am | WAVES                      | 11:15 HYDRO PUMP         | RIPPLES                     | 11:15 AQUA HIIT         | WAVES                   |                         |                              |
| 11:30am | WAVES                      | HYDRO PUMP 12:15         | RIPPLES                     | AQUA HIIT 12:15         | WAVES                   |                         |                              |
| 12:00pm |                            |                          | 11:45 FLUID FITNESS         |                         |                         | OPEN<br>10:15am-<br>6pm |                              |
| 12:30pm | HYDRO FIT                  |                          | FLUID FITNESS               |                         |                         |                         |                              |
| 1:00pm  | HYDRO FIT                  |                          |                             |                         |                         |                         |                              |
| 1:30pm  | OPEN<br>1:30pm-<br>4:00pm  | OPEN<br>12:15 pm-<br>5pm | OPEN<br>12:45am<br>- 5:30pm | OPEN<br>12:15pm-<br>4pm | OPEN<br>12pm-<br>5:30pm |                         |                              |
| 2:00pm  |                            |                          |                             |                         |                         |                         |                              |
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| 4:00pm  | H2O POLO                   |                          |                             | H2O POLO                |                         |                         |                              |
| 4:30pm  | H2O POLO                   |                          |                             | H2O POLO                |                         |                         |                              |
| 5:00pm  |                            | WAVES                    |                             | WAVES                   |                         |                         |                              |
| 5:30pm  | AQUA                       | WAVES                    | PRE/POST NATAL              | WAVES                   | HYDRO PUMP              |                         |                              |
| 6:00pm  | HIIT                       | OPEN 6-7pm               | PRE/POST NATAL              | OPEN 6-7pm              | HYDRO PUMP              |                         |                              |
| 6:30pm  | OPEN<br>6:30pm -<br>9:00pm | WAVES                    | OPEN<br>6:30pm-<br>9:00pm   | WAVES                   | OPEN<br>6:30pm- 9:00pm  | <b>CLOSED</b>           |                              |
| 7:00pm  |                            | WAVES                    |                             |                         |                         |                         |                              |
| 7:30pm  |                            | WAVES                    |                             |                         |                         |                         |                              |
| 8:00pm  |                            | OPEN 8-9pm               |                             |                         |                         |                         |                              |
| 8:30pm  |                            | OPEN 8-9pm               |                             |                         |                         |                         |                              |

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

January 2 - June 4, 2023

January 2 - June 4, 2023



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