

Revised 12/09/2022

# SEVEN BRIDGES LAP POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							
5:00am	<b>OPEN</b> 5am-8:30am	OPEN	<b>OPEN</b> 5am-11:15am	<b>OPEN</b> 5am-8:30am	OPEN	<b>CLOSED</b>		5:00am						
5:30am		WAVES			5:30am									
6:00am		WAVES			6:00am									
6:30am		<b>OPEN</b> 6:30am-8:30am			6:30am									
7:00am					7:00am									
7:30am					7:30am									
8:00am	DYNAMIC DEEP	AQUATONIC	11:15 AQUA MOVES	DYNAMIC DEEP	OPEN 7:30am-11:30am	OPEN	<b>OPEN</b> 7am-6pm	8:00am						
8:30am						8:30am								
9:00am		9:00am												
9:30am	<b>OPEN</b> 9:30am-11:30am	OPEN	STR & TN / DP BL	OPEN	AQUA MOVES 7:30am-11:30am	WAVES	<b>OPEN</b> 10am-6pm	9:30am						
10:00am		WAVES				10:00am								
10:30am		WAVES				10:30am								
11:00am		11:00am												
11:30am	AQUA MOVES	<b>OPEN</b> 11:00am-7pm	DEEP BLUE	<b>OPEN</b> 11:00am-7pm	AQUA MOVES 12:30pm-9pm	AQUA BOOTCAMP	<b>OPEN</b> 7am-6pm	11:30am						
12:00pm	AQUA MOVES							12:00pm						
12:30pm	<b>OPEN</b> 12:30pm-5:00pm							<b>OPEN</b> 1:00pm-5pm	AQUA BOOTCAMP	<b>OPEN</b> 12:30pm-9pm	AQUA BOOTCAMP	<b>OPEN</b> 10am-6pm	<b>OPEN</b> 7am-6pm	12:30pm
1:00pm														1:00pm
1:30pm														1:30pm
2:00pm														2:00pm
2:30pm		2:30pm												
3:00pm		3:00pm												
3:30pm	AQUA	AQUACISE	AQUA BOOTCAMP	AQUACISE	AQUA BOOTCAMP	<b>CLOSED</b>	<b>CLOSED</b>	3:30pm						
4:00pm								4:00pm						
4:30pm								4:30pm						
5:00pm								5:00pm						
5:30pm	BOOTCAMP	OPEN 6:00pm-9:00pm	AQUACISE	AQUACISE	AQUA BOOTCAMP	<b>CLOSED</b>	<b>CLOSED</b>	5:30pm						
6:00pm	WAVES							6:00pm						
6:30pm	WAVES	OPEN 8-9PM	OPEN 8-9PM	OPEN 8-9PM	AQUA BOOTCAMP	<b>CLOSED</b>	<b>CLOSED</b>	6:30pm						
7:00pm	OPEN 7:00pm-9:00pm							7:00pm						
7:30pm	7:30pm	7:30pm												
8:00pm	8:00pm	8:00pm												
8:30pm	8:30pm	8:30pm												

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

January 2 - June 4, 2023

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