

Revised 11/20/2019

# SEVEN BRIDGES LAP POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:00am	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>CLOSED</b>	<b>CLOSED</b>	5:00am	
5:30am		WAVES			5:30am				
6:00am		WAVES			6:00am				
6:30am		WAVES			6:30am				
7:00am		WAVES			7:00am				
7:30am	5-8:30 am	<b>OPEN</b>	5-8:30am	5-8:30am	<b>OPEN</b>	WAVES	<b>OPEN</b>	7:30am	
8:00am		7:30 - 8:30am	7:30 - 8:30am	7:30-9 am	WAVES	8:00am			
8:30am	*Dynamic Deep	Aquatonic	*Dynamic Deep	*Instruct Choice	WAVES	8:30am			
9:00am	*Dynamic Deep	Aquatonic	*Dynamic Deep	*Instruct Choice	*Deep Blue\RunWet	*Instruct Choice		9:00am	
9:30am	<b>OPEN</b>	OPEN	<b>OPEN</b>	OPEN	*Deep Blue\RunWet	*Instruct Choice		9:30am	
10:00am		WAVES		WAVES	<b>OPEN</b>	10 - 11:30 am	<b>OPEN</b>	10:00am	
10:30am		WAVES		WAVES				10:30am	
11:00am	9:30-11:30am	11am- 10pm	9:30am-11:30am	<b>OPEN</b>	10 - 11:30 am	<b>OPEN</b>	7am - 7 pm	11:00am	
11:30am	BEAT THE HILL		BEAT THE HILL		BEAT THE HILL		BEAT THE HILL	11:30am	
12:00pm	BEAT THE HILL		BEAT THE HILL		BEAT THE HILL		BEAT THE HILL	12:00pm	
12:30pm	<b>OPEN</b>		<b>OPEN</b>		**Runnin' Wet		12:30pm - 10:00pm	12:30pm	
1:00pm					*Deep Blue		1:00pm		
1:30pm		11am-5:30pm		<b>OPEN</b>	<b>OPEN</b>	10:00am-7pm	1:30pm		
2:00pm						2:00pm			
2:30pm						2:30pm			
3:00pm	12:30a - 4:30pm	11am - 10pm	1:30pm - 5:30pm	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	3:00pm		
3:30pm							3:30pm		
4:00pm	**Deep Aqua Run	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	4:00pm		
4:30pm	**Deep Aqua Run						11am - 10pm	7 am - 7 pm	4:30pm
5:00pm	Fluid Dynamics						Aqua Fusion	Ripples	5:00pm
5:30pm	Fluid Dynamics						Aqua Fusion	Ripples/Stroke	5:30pm
6:00pm	<b>OPEN</b>						<b>OPEN</b>	<b>OPEN</b>	Stroke Clinic
6:30pm		<b>OPEN</b>	6:30 - 7:30pm	Stroke Clinic	6:30pm				
7:00pm		WAVES	<b>OPEN</b>	<b>OPEN</b>	7:00pm				
7:30pm		WAVES			7:30pm				
8:00pm		<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>CLOSED</b>		<b>CLOSED</b>	8:00pm
8:30pm	8:30pm								
9:00pm	9:00pm								
9:30pm	6:30pm - 10pm	11am - 10:00pm	8:30 - 10:00pm	7:15pm - 10:00pm	12:30pm-10:00pm	9:30pm			

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

\*Instructor's Choice, Deep Blue and Dynamic Deep will use the deep well and a lap lane.

\*\*Deep Aqua Run and Runnin' Wet will use the deep well and occasionally a lane

**January 6 - June 1, 2020**

Edward-Elmhurst  
HEALTH & FITNESS

**Healthv Driven** January 6 - June 1, 2020