

Revised 9/2/2020

NAPERVILLE LAP POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00am	WAVES		WAVES			CLOSED		6:00am	
6:30am	WAVES		WAVES					6:30am	
7:00am	WAVES	OPEN 6am- 10:00am	WAVES		OPEN 6am-9am		OPEN	OPEN	7:00am
7:30am	WAVES		WAVES			WAVES	WAVES	OPEN	7:30am
8:00am	OPEN 8-9am		STROKE CLINIC	OPEN 6am- 11:15am		WAVES	WAVES	8:00am	
8:30am			STROKE CLINIC				WAVES	WAVES	8:30am
9:00am	AQUA HIIT		AQUATONIC		HYDRO PUMP		9:15 AQUATONIC	9:00am	
9:30am	AQUA HIIT		AQUATONIC		HYDRO PUMP		AQUATONIC 10:15	9:30am	
10:00am	WAVES	WAVES	RIPPLES		WAVES			10:00am	
10:30am	WAVES	WAVES	RIPPLES		WAVES	OPEN 8:30am-4pm	OPEN 10:15am - 12:45pm	10:30am	
11:00am	WAVES	11:15 HYDRO PUMP		11:15 AQUA HIIT	WAVES				
11:30am	WAVES	HYDRO PUMP 12:15		AQUA HIIT 12:15	WAVES			11:30am	
12:00pm								12:00pm	
12:30pm	OPEN 12pm-		OPEN 11:00am - 8:00pm				RIPPLES	12:30pm	
1:00pm								RIPPLES	1:00pm
1:30pm				OPEN 12:15pm- 5pm	OPEN 12pm- 8pm		STROKE CLINIC	1:30pm	
2:00pm								STROKE CLINIC	2:00pm
2:30pm		OPEN 12:15 pm- 5pm					OPEN	2:30pm	
3:00pm							WAVES	3:00pm	
3:30pm							WAVES	3:30pm	
4:00pm						CLOSED		4:00pm	
4:30pm									4:30pm
5:00pm		WAVES		WAVES					5:00pm
5:30pm	AQUA	WAVES		WAVES					5:30pm
6:00pm	BOOTCAMP	OPEN 6-7pm		OPEN 6-7pm					6:00pm
6:30pm									6:30pm
7:00pm	OPEN 6:30pm - 8:00pm	WAVES		WAVES					7:00pm
7:30pm		WAVES		WAVES				7:30pm	

Starting September 26, 2020



Starting September 26, 2020

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