

Revised 08/18/2022

# NAPERVILLE LAP POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:00am	OPEN		OPEN			<b>CLOSED</b>		5:00am	
5:30am	WAVES		WAVES					5:30am	
6:00am	WAVES	OPEN 5am-8:45am	WAVES	OPEN 5am-8:45am	OPEN 5am-9am			6:00am	
6:30am	WAVES		WAVES					6:30am	
7:00am	WAVES		WAVES				OPEN	OPEN	7:00am
7:30am	OPEN 7:30-9am						WAVES	OPEN	7:30am
8:00am			STROKE CLINIC			WAVES	WAVES	8:00am	
8:30am		8:45am MS	STROKE CLINIC	8:45am MS		WAVES	WAVES	8:30am	
9:00am	AQUA HIIT	MS	AQUATONIC	MS	HYDRO PUMP	9:15 HYDRO FIT	9:15 AQUATONIC	9:00am	
9:30am	AQUA HIIT	MS 9:45am	AQUATONIC	MS 9:45am	HYDRO PUMP	HYDRO FIT 10:15	AQUATONIC 10:15	9:30am	
10:00am	WAVES	WAVES	OPEN 10am -11am	WAVES	WAVES	OPEN 10:15am-6pm	OPEN 10:15am - 12:45pm	10:00am	
10:30am	WAVES	WAVES		WAVES	WAVES			10:30am	
11:00am	WAVES	11:15 HYDRO PUMP	RIPPLES	11:15 AQUA HIIT	WAVES			11:00am	
11:30am	WAVES	HYDRO PUMP 12:15	RIPPLES	AQUA HIIT 12:15	WAVES			11:30am	
12:00pm			11:45 FLUID FITNESS					12:00pm	
12:30pm	HYDRO FIT		FLUID FITNESS					12:30pm	
1:00pm	HYDRO FIT					1:00pm			
1:30pm		OPEN 12:15 pm-5pm	OPEN 12:45am - 5:30pm	OPEN 12:15pm-5pm	OPEN 12pm-5:30pm	RIPPLES	12:30pm		
2:00pm						STROKE CLINIC	1:00pm		
2:30pm	OPEN 1:30pm-5:30pm					STROKE CLINIC	1:30pm		
3:00pm						WAVES	2:00pm		
3:30pm						WAVES	2:30pm		
4:00pm						WAVES	3:00pm		
4:30pm						WAVES	3:30pm		
5:00pm		WAVES		WAVES		OPEN 4:00 -6pm		4:00pm	
5:30pm	AQUA	WAVES	PRE/POST NATAL	WAVES	HYDRO PUMP			4:30pm	
6:00pm	BOOTCAMP	OPEN 6-7pm	PRE/POST NATAL	WAVES	HYDRO PUMP			5:00pm	
6:30pm				OPEN 6-7pm		<b>CLOSED</b>		5:30pm	
7:00pm	OPEN 6:30pm - 9:00pm	WAVES	OPEN 6:30pm-9:00pm	WAVES	OPEN 6:30pm- 9:00pm			6:00pm	
7:30pm		WAVES		WAVES				6:30pm	
8:00pm		OPEN 8-9pm		WAVES				7:00pm	
8:30pm			OPEN 8-9pm				7:30pm		
								8:00pm	
							8:30pm		

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

September 6 - December 30, 2022

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