

NAPERVILLE LAP POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5:00am	OPEN	OPEN	OPEN	OPEN	OPEN	CLOSED		5:00am		
5:30am	WAVES		WAVES					5:30am		
6:00am	WAVES		WAVES					6:00am		
6:30am	WAVES		WAVES					6:30am		
7:00am	WAVES		WAVES					7:00am		
7:30am	OPEN		OPEN					7:30am		
8:00am	7:30 - 9 am		5 - 8:45 am			Stroke Clinic	5 - 8 am	WAVES	WAVES	8:00am
8:30am			Stroke Clinic	5 - 8:45 am	WAVES	WAVES	8:30am			
9:00am	Aqua HIIT	MS(begins 8:45)	Hydro Pump	MS(begins 8:45)	Liquid Body	WKEND WKOUT	9:15 AQUATONIC	9:00am		
9:30am	Aqua HIIT	MS	Hydro Pump	MS	Liquid Body	WKEND WKOUT	AQUATONIC	9:30am		
10:00am	WAVES	WAVES	Ripples	WAVES	WAVES	OPEN		10:00am		
10:30am	WAVES	WAVES	Ripples	WAVES	WAVES			10:30am		
11:00am	WAVES	WAVES /Hydro Pump	OPEN 11 - 11:30	11:15 Aqua HIIT	WAVES			11:00am		
11:30am	WAVES	11:15 Hydro Pump	Water Jogging	Aqua HIIT	WAVES			10am-7:00pm	10:15am - 12:45pm	11:30am
12:00pm	OPEN	Hydro Pump	Water Jogging	Aqua HIIT	OPEN			OPEN	12:00pm	
12:30pm	Undercurrents	Women's Running	Liquid Body		Aqua Zumba				12:45 Ripples	12:30pm
1:00pm	Undercurrents	Women's Running	Liquid Body		Aqua Zumba				Ripples	1:00pm
1:30pm	OPEN	OPEN	OPEN	OPEN	OPEN				Ripples	1:30pm
2:00pm									Stroke Clinic	2:00pm
2:30pm									Stroke Clinic	2:30pm
3:00pm						WAVES	3:00pm			
3:30pm						WAVES	3:30pm			
3:30pm	ends 2/10 waterpolo	1:30 - 5pm	1:30 - 4:30 pm	12:15 - 5pm	ends on 2/14 waterpolo	WAVES	3:30pm			
4:00pm	waterpolo				waterpolo		4:00pm			
4:30pm	Aquatonic		Undercurrents		OPEN		4:30pm			
5:00pm	Aquatonic	WAVES	Undercurrents	WAVES	4:30-5:30pm	10am - 7pm	OPEN	5:00pm		
5:30pm	PreNatal	WAVES	PreNatal	WAVES	Aqua HIIT			5:30pm		
6:00pm	PreNatal	AQUACISE	PreNatal		Aqua HIIT			6:00pm		
6:30pm	OPEN	AQUACISE	OPEN	OPEN 6 - 7pm	OPEN			4:00pm - 7pm	6:30pm	
7:00pm		WAVES		WAVES		7:00pm				
7:30pm		WAVES		WAVES		7:30pm				
8:00pm		WAVES		WAVES		8:00pm				
8:30pm		OPEN		OPEN		8:30pm				
9:00pm		OPEN		OPEN		9:00pm				
9:30pm		6:30 - 10pm		6:30 - 10pm		OPEN		6:30 -10pm		CLOSED

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