

REVISED BEGINS 4/1/2023

SEVEN BRIDGES LAP POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							
5:00am	OPEN		OPEN		OPEN	CLOSED		5:00am						
5:30am	WAVES		WAVES		WAVES			5:30am						
6:00am	WAVES	OPEN 5am-8:30am	WAVES	OPEN 5am-8:30am	WAVES			6:00am						
6:30am	WAVES		WAVES		WAVES			6:30am						
7:00am	WAVES		WAVES		WAVES			7:00am						
7:30am	OPEN				OPEN 7:30 - 9			WAVES	OPEN 7-8	7:30am				
8:00am					OPEN 7:30-10am	WAVES	WAVES	8:00am						
8:30am	DYNAMIC DEEP	AQUATONIC		DYNAMIC DEEP		WAVES ends 9:15	WAVES	8:30am						
9:00am	DYNAMIC DEEP	AQUATONIC	DEEP BLUE	DYNAMIC DEEP		9:15 AQUA BOOTCAMP		9:00am						
9:30am	OPEN	OPEN	DEEP BLUE	OPEN		AQUA BOOTCAMP	OPEN 9am-12:00am	9:30am						
10:00am	WAVES	WAVES	WAVES	WAVES	WAVES			10:00am						
10:30am	WAVES	WAVES	WAVES	WAVES	WAVES			10:30am						
11:00am	OPEN	OPEN 11- 12:45	11:15 AQUA MOVES	OPEN 11-12:45	OPEN			11:00am						
11:30am	AQUA MOVES		AQUA MOVES		AQUA MOVES				11:30am					
12:00pm	AQUA MOVES				OPEN 12:15 -12:45	AQUA MOVES				12:00pm				
12:30pm		12:45 FLUID DYNAMICS	12:45 DEEP BLUE	12:45 AQUA HIIT				12:30pm						
1:00pm		FLUID DYNAMICS	DEEP BLUE	AQUA HIIT				1:00pm						
1:30pm	OPEN 12:30pm-5:00pm	OPEN 1:45-5:00PM	OPEN 1:30pm-5pm	OPEN 1:45pm-5pm	OPEN 12:30pm-4pm	OPEN 10:15am-6pm		1:30pm						
2:00pm												OPEN 2-3PM	2:00pm	
2:30pm													2:30pm	
3:00pm													WAVES	3:00pm
3:30pm													WAVES	3:30pm
4:00pm											HYDRO FITNESS			4:00pm
4:30pm											HYDRO FITNESS		OPEN 4pm - 6pm	4:30pm
5:00pm							AQUA	WAVES	AQUA BOOTCAMP	WAVES				5:00pm
5:30pm	BOOTCAMP	WAVES	AQUA BOOTCAMP	WAVES				5:30pm						
6:00pm		OPEN 6-7		OPEN 6-7				6:00pm						
6:30pm			OPEN 6:00pm-9:00pm		OPEN 5:00- 9:00PM	CLOSED		6:30pm						
7:00pm	OPEN 6:00pm-9:00pm	WAVES					WAVES			7:00pm				
7:30pm		WAVES					WAVES			7:30pm				
8:00pm				OPEN 8-9PM				OPEN 8-9PM			8:00pm			
8:30pm								8:30pm						

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

April 1 - May 28, 2023



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