

Revised 03/09/2023

SEVEN BRIDGES LAP POOL

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

Edward-Elmhurst
HEALTH & FITNESS CENTER

Healthy Driven

April 1 - May 28, 2023
