

Revised 9/2/2020

SEVEN BRIDGES LAP POOL

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

Starting on September 26, 2020



Starting on September 26, 2020

