Revised 8/18/2022

SEVEN BRIDGES LAP POOL

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

September 6 - December 30, 2022

Edward-Elmhurst HEALTH & FITNESS CENTER | Healthy Driven

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