

Lap Swimmers' Information

July 20 we will be adding aqua classes found on the back side

No water fountains available

No Reservations required; first come, first serve

Sharing of lanes is permissible, but participants are not required to share

Hours:

Monday – Friday 6am to 8pm

Saturday/Sunday 7am to 4pm

- 1. All members will be screened at the entrance, if a participant has any COVID symptoms, they should not enter our facilities.***
- 2. Each swimmer must wear a mask into and out of the building and in the pool area when not swimming. When you are in the building maintain a 6 foot distance from other members not in your household inside and outside of the pool area.***
- 3. Flip flops or waterproof shoes are recommended for use to the pool edge or into the pool.***
- 4. Up to 4 swimmers per lane, 2 at each end of the pool, one at the wall and one swimmer 5 yards out. This is to comply with social distancing guidelines***
- 5. If using our aqua equipment please sanitize it, using spray disinfectant, before putting the equipment back in its original spot.***
- 6. If you touch hand railings or door handles, please wash or sanitize your hands immediately afterward.***
- 7. If using a bathroom, shower or locker room facility, please limit your exposure time in all areas, sanitize and wash your hands as needed.***

Questions please call Alice Novotny (630) 646-5905 or email alice.novotny@eehealth.org

Edward-Elmhurst
HEALTH & FITNESS

Healthy Driven™

Aqua Class Information

Naperville Pool Capacity Limits

Lap Pool (NL) – 24
Therapy Pool (NT) – 10

7Bridges Pool Capacity Limits

Lap Pool (7L)- 16 Deep Well in Lap (7D) - 10
Therapy Pool (7T) – 16

These Aqua Classes will begin on July 20, 2020

Naperville

Monday

9:00am Aqua HIIT NL Georgia
10:00am Stretch N Tone NT Georgia
5:30pm Aquatonic NLT Laura

Tuesday

9:00am Liquid Body Burn NLT Kim
12:00pm Hydro Pump NL Mary
1:00pm Ai Chi NT Mary

Wednesday

9:00am Hydro Pump NL Connie
5:30pm Undercurrents NLT Kim
6:30pm Stretch N Tone NT Kim

Thursday

9:00am Aqua HIIT NLT Deb
11:15am Hydro Fit NL Maria
12:15pm Yoqua NT Maria

Friday

9:00am Liquid Body Burn NLT Kathy
10:00am Ai Chi NT Kathy

Saturday

9:15am Weekend Water Works NL Jane

Sunday

9:15am Aquatonic NL Sandy/Kim

Seven Bridges

Monday

8:30am Dynamic Deep 7DL Kim
11:30am Aqua Moves 7LT Jeri
12:30pm Ai Chi 7T Mary

Tuesday

8:30am Aquatonic 7DL Kathy
9:30am Yoqua 7T Kathy
6:00pm Deep Blue 7D Mary

Wednesday

9:00am Deep Blue 7D Mary
11:30am Hydro Fit 7TL Kathy
12:30pm Stretch N Tone 7T Kathy

Thursday

8:30am Fluid Dynamics 7D Kathy
9:30am Stretch N Tone 7T Kathy
6:00pm Aqua HIIT 7DL Sue

Friday

9:00am Aqua HIIT 7D Kim
11:30am Aquatonic 7LT Charmaine/Maria
12:30pm Yoqua/Stretch 7T Charmaine/Maria

Saturday

9:00am Instructor's Choice 7LD Kathy/Kim/Jeri
10:00am Stretch N Tone 7T Kathy/Kim/Jeri

N = Naperville 7 = Seven Bridges

L = Lap Pool T = Therapy Pool D = Deep Well

Classes subject to change at discretion of management