



# WATER'S EDGE AQUATIC CENTER

## JUNE 2022

### AQUATIC FITNESS CALENDAR

Daily Fees:

Residents: Adult/Child (4+) \$6.00, Senior (60+) \$3.00  
Non-Residents: Adult/Child (4+) \$12.00, Senior (60+) \$6.00

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Aquatic Fitness programming offered to participants 16 years of age or older for a daily fee or by purchasing an Aquatic FITNESS or ALL-INCLUSIVE Membership package. Users will have access to instructor and self led Aquatic Fitness programming, as well as usage of the warm water Dive Well, floatation devices and exercise equipment needed for all aquatic fitness programs. Classes must maintain an average of 3 participants for a class to run.</p> <p>The Village of Bensenville is not responsible for lost, stolen or damaged items. The Water's Edge Aquatic Department Manager and staff reserve the right to close any lap lanes, classes or pool areas for weather, private lessons, rentals, special events, swim meets, etc.. Please visit our website for more information on facility depths, rules, programming and special events.</p> <p><b>**Schedule subject to change**</b></p>			<p><b>1</b></p> <p>"Basic Training" 10:00a - 10:45a</p> <p>Splish, Splash 6:30p - 7:15p Make Waves 7:15p - 8:00p</p>	<p><b>2</b></p> <p>"Basic Training" 10:00a - 10:45a</p> <p>Deeply Fit 6:30p - 7:15p "Boot"y Camp 7:15p - 8:00p</p>	<p><b>3</b></p> <p>Self-Improvement Aqua Fitness* 10:00a - 12:00p</p>	<p><b>4</b></p> <p>Fluidity 10:00a - 10:45a Self-Improvement Aquatic Fitness* 10:45a - 12:00p</p>
<p><b>5</b></p> <p>Self-Improvement Aqua Fitness* 10:00a - 12:00p</p>	<p><b>6</b></p> <p>"Basic Training" 10:00a - 10:45a</p> <p>Oodles of Noodles 6:30p - 7:15p Aqua Fitness 7:15p - 8:00p</p>	<p><b>7</b></p> <p>No Aquatic Fitness</p>	<p><b>8</b></p> <p>"Basic Training" 10:00a - 10:45a</p> <p>Splish, Splash 6:30p - 7:15p Make Waves 7:15p - 8:00p</p>	<p><b>9</b></p> <p>"Basic Training" 10:00a - 10:45a</p> <p>No Evening Aquatic Fitness</p>	<p><b>10</b></p> <p>Self-Improvement Aqua Fitness* 10:00a - 12:00p</p>	<p><b>11</b></p> <p>Fluidity 10:00a - 10:45a Self-Improvement Aquatic Fitness* 10:45a - 12:00p</p>
<p><b>12</b></p> <p>Self-Improvement Aqua Fitness* 10:00a - 12:00p</p>	<p><b>13</b></p> <p>"Basic Training" 10:00a - 10:45a</p> <p>Oodles of Noodles 6:30p - 7:15p Aqua Fitness 7:15p - 8:00p</p>	<p><b>14</b></p> <p>No Aquatic Fitness</p>	<p><b>15</b></p> <p>"Basic Training" 10:00a - 10:45a</p> <p>Splish, Splash 6:30p - 7:15p Make Waves 7:15p - 8:00p</p>	<p><b>16</b></p> <p>"Basic Training" 10:00a - 10:45a</p> <p>Deeply Fit 6:30p - 7:15p Crunches &amp; Kicks 7:15p - 8:00p</p>	<p><b>17</b></p> <p>Self-Improvement Aqua Fitness* 10:00a - 12:00p</p>	<p><b>18</b></p> <p>Fluidity 10:00a - 10:45a Self-Improvement Aquatic Fitness* 10:45a - 12:00p</p>
<p><b>19</b></p> <p>Self-Improvement Aqua Fitness* 10:00a - 12:00p</p>	<p><b>20</b></p> <p>"Basic Training" 10:00a - 10:45a</p> <p>Oodles of Noodles 6:30p - 7:15p Aqua Fitness 7:15p - 8:00p</p>	<p><b>21</b></p> <p>No Aquatic Fitness</p>	<p><b>22</b></p> <p>"Basic Training" 10:00a - 10:45a</p> <p>Splish, Splash 6:30p - 7:15p Make Waves 7:15p - 8:00p</p>	<p><b>23</b></p> <p>"Basic Training" 10:00a - 10:45a</p> <p>No Evening Aquatic Fitness</p>	<p><b>24</b></p> <p>Self-Improvement Aqua Fitness* 10:00a - 12:00p</p>	<p><b>25</b></p> <p>Fluidity 10:00a - 10:45a Self-Improvement Aquatic Fitness* 10:45a - 12:00p</p>
<p><b>26</b></p> <p>No Aquatic Fitness</p>	<p><b>27</b></p> <p>"Basic Training" 10:00a - 10:45a</p> <p>Oodles of Noodles 6:30p - 7:15p Aqua Fitness 7:15p - 8:00p</p>	<p><b>28</b></p> <p>No Aquatic Fitness</p>	<p><b>29</b></p> <p>"Basic Training" 10:00a - 10:45a</p> <p>Splish, Splash 6:30p - 7:15p Make Waves 7:15p - 8:00p</p>	<p><b>30</b></p> <p>"Basic Training" 10:00a - 10:45a</p> <p>Deeply Fit 6:30p - 7:15p Pool Punches 7:15p - 8:00p</p>		

\*Self-Improvement Aquatic Fitness" is SELF-LED, with no instructor on site. Added as an extra advantage to FITNESS or ALL-INCLUSIVE Aquatic Membership holders and offered based on monthly pool availability.