



WATER'S EDGE AQUATIC CENTER

MAY 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
1	2	3	4	5	6	7
Self-Improvement Aqua Fitness* 10:00a - 12:00p	"Basic Training" 10:00a - 10:45a Oodles of Noodles 6:30p - 7:15p Aqua Fitness 7:15p - 8:00p	Self-Improvement Aqua Fitness* 6:30p - 8:00p	"Basic Training" 10:00a - 10:45a Splish, Splash 6:30p - 7:15p Make Waves 7:15p - 8:00p	Deeply Fit 6:30p - 7:15p "Boot"y Camp 7:15p - 8:00p	"Basic Training" 10:00a - 10:45a Self-Improvement Aqua Fitness* 6:30p - 8:00p	Fluidity 10:00a - 10:45a Self-Improvement Aqua Fitness* 10:45a - 12:00p
8	9	10	11	12	13	14
Self-Improvement Aqua Fitness* 10:00a - 12:00p	"Basic Training" 10:00a - 10:45a Oodles of Noodles 6:30p - 7:15p Aqua Fitness 7:15p - 8:00p	No Evening Aqua Fitness	"Basic Training" 10:00a - 10:45a Splish, Splash 6:30p - 7:15p Make Waves 7:15p - 8:00p	Deeply Fit 6:30p - 7:15p Crunches & Kicks 7:15p - 8:00p	"Basic Training" 10:00a - 10:45a Self-Improvement Aqua Fitness* 6:30p - 8:00p	Fluidity 10:00a - 10:45a Self-Improvement Aqua Fitness* 10:45a - 12:00p
15	16	17	18	19	20	21
Self-Improvement Aqua Fitness* 10:00a - 12:00p	"Basic Training" 10:00a - 10:45a Oodles of Noodles 6:30p - 7:15p Aqua Fitness 7:15p - 8:00p	No Evening Aqua Fitness	"Basic Training" 10:00a - 10:45a Splish, Splash 6:30p - 7:15p Make Waves 7:15p - 8:00p	Deeply Fit 6:30p - 7:15p Pool Punches 7:15p - 8:00p	"Basic Training" 10:00a - 10:45a No Evening Aqua Fitness	Fluidity 10:00a - 10:45a Self-Improvement Aqua Fitness* 10:45a - 12:00p
22	23	24	25	26	27	28
Self-Improvement Aqua Fitness* 10:00a - 12:00p	"Basic Training" 10:00a - 10:45a Oodles of Noodles 6:30p - 7:15p Aqua Fitness 7:15p - 8:00p	Self-Improvement Aqua Fitness* 6:30p - 8:00p	"Basic Training" 10:00a - 10:45a Splish, Splash 6:30p - 7:15p Make Waves 7:15p - 8:00p	Deeply Fit 6:30p - 7:15p Wet Barre 7:15p - 8:00p	"Basic Training" 10:00a - 10:45a No Evening Aqua Fitness	Fluidity 10:00a - 10:45a Self-Improvement Aqua Fitness* 10:45a - 12:00p
29	30	31	 <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. **Schedule subject to change**</p>			
Self-Improvement Aqua Fitness* 10:00a - 12:00p	Happy Memorial Day! Pool Closed	No Evening Aqua Fitness				

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.