



# WATER'S EDGE AQUATIC CENTER

## MAY 2023

### 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  <b>Self-Improvement</b> 6:30p - 8:00p	2  <b>Self-Improvement</b> 9:00a - 12:00p  <b>Self-Improvement</b> 6:30p - 8:00p	3  <b>Basic Training</b> 10:00a - 10:45a  <b>Oodles of Noodles</b> 6:45p - 7:30p <b>Self-Improvement</b> 7:30p - 8:00p	4  <b>Self-Improvement</b> 9:00a - 12:00p  <b>Self-Improvement</b> 6:30p - 8:00p	5  <b>Basic Training</b> 10:00a - 10:45a	6  <b>Self-Improvement</b> 9:00a - 12:00p
7	8  <b>Fluidity</b> 6:15p - 7:00p <b>Self-Improvement</b> 7:00p - 8:00p	9  <b>Self-Improvement</b> 9:00a - 12:00p  <b>Self-Improvement</b> 6:30p - 8:00p	10  <b>Basic Training</b> 10:00a - 10:45a  <b>Oodles of Noodles</b> 6:45p - 7:30p <b>Self-Improvement</b> 7:30p - 8:00p	11  <b>Self-Improvement</b> 9:00a - 12:00p	12  <b>Basic Training</b> 10:00a - 10:45a	13
14  <b>Happy Mother's Day!</b>  Mothers' Day Swim 12p-3p *Moms swim FREE w/paid Admission or Valid Aquatic Membership	15  <b>Deeply Fit</b> 6:15p - 6:45p <b>Self-Improvement</b> 6:45p - 8:00p	16  <b>Self-Improvement</b> 9:00a - 12:00p  <b>Self-Improvement</b> 6:30p - 8:00p	17  <b>Self-Improvement</b> 9:00a - 12:00p  <b>Oodles of Noodles</b> 6:45p - 7:30p <b>Self-Improvement</b> 7:30p - 8:00p	18  <b>Self-Improvement</b> 9:00a - 12:00p	19  <b>Self-Improvement</b> 9:00a - 12:00p	20  <b>Self-Improvement</b> 9:00a - 12:00p
21	22  <b>Fluidity</b> 6:15p - 7:00p <b>Self-Improvement</b> 7:00p - 8:00p	23  <b>Self-Improvement</b> 9:00a - 12:00p  <b>Self-Improvement</b> 6:30p - 8:00p	24  <b>Self-Improvement</b> 9:00a - 12:00p  <b>Oodles of Noodles</b> 6:45p - 7:30p <b>Self-Improvement</b> 7:30p - 8:00p	25  <b>Self-Improvement</b> 9:00a - 12:00p  <b>Self-Improvement</b> 6:30p - 8:00p	26  <b>Self-Improvement</b> 9:00a - 12:00p	27  <b>Self-Improvement</b> 9:00a - 12:00p
28	29  <b>Happy Memorial Day!</b>  <b>Pool CLOSED</b>	30  <b>Self-Improvement</b> 9:00a - 12:00p  <b>Self-Improvement</b> 6:30p - 8:00p	31  <b>Self-Improvement</b> 9:00a - 12:00p  <b>Oodles of Noodles</b> 6:45p - 7:30p <b>Self-Improvement</b> 7:30p - 8:00p	<p>Aquatic Fitness classes are offered to participants 16 years of age or older for a daily fee or by purchasing an Aquatic FITNESS or ALL-INCLUSIVE Membership. Users will have access to instructor led Aquatic Fitness classes and self led fitness as well as usage of the warm water Dive Well, floatation devices and exercise equipment needed for all aquatic fitness classes.</p> <p>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, illness, 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 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.