



# WATER'S EDGE AQUATIC CENTER

## DECEMBER 2021

### 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 classes are offered to participants 16 years of age or older for a daily fee or by purchasing an Aquatic FITNESS Membership. Users will have access to instructor led Aquatic Fitness classes, as well as usage of the warm water Dive Well, floatation devices and exercise equipment needed for all aquatic fitness classes. 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>			<p><b>1</b></p> <p>"Basic Training" 10:00a - 10:45a</p> <p>Walk "on" Water 6:30p - 7:15p <b>Splish, Splash</b> 7:15p - 8:00p <b>Make Waves</b> 8:00p - 8:45p</p>	<p><b>2</b></p>	<p><b>3</b></p> <p>"Basic Training" 10:00a - 10:45a</p> <p>Oodles of Noodles 6:30p - 7:15p <b>Crunches &amp; Kicks</b> 7:15p - 8:00p <b>Yog(a)qua</b> 8:00p - 8:45p</p>	<p><b>4</b></p> <p>Fluidity 10:00a - 10:45a</p>
<p><b>5</b></p>	<p><b>6</b></p> <p>"Basic Training" 10:00a - 10:45a</p> <p>Deeply Fit 6:30p - 7:15p <b>Aqua Fitness</b> 7:15p - 8:00p</p>	<p><b>7</b></p>	<p><b>8</b></p> <p>"Basic Training" 10:00a - 10:45a</p> <p>Walk "on" Water 6:30p - 7:15p <b>Splish, Splash</b> 7:15p - 8:00p <b>Make Waves</b> 8:00p - 8:45p</p>	<p><b>9</b></p>	<p><b>10</b></p> <p>"Basic Training" 10:00a - 10:45a</p> <p>Oodles of Noodles 6:30p - 7:15p <b>Pool Punches</b> 7:15p - 8:00p <b>Just Float</b> 8:00p - 8:45p</p>	<p><b>11</b></p> <p>Fluidity 10:00a - 10:45a</p>
<p><b>12</b></p>	<p><b>13</b></p> <p>"Basic Training" 10:00a - 10:45a</p> <p>Deeply Fit 6:30p - 7:15p <b>Aqua Fitness</b> 7:15p - 8:00p</p>	<p><b>14</b></p>	<p><b>15</b></p> <p>"Basic Training" 10:00a - 10:45a</p> <p>Walk "on" Water 6:30p - 7:15p <b>Splish, Splash</b> 7:15p - 8:00p <b>Make Waves</b> 8:00p - 8:45p</p>	<p><b>16</b></p>	<p><b>17</b></p> <p>"Basic Training" 10:00a - 10:45a</p> <p>Oodles of Noodles 6:30p - 7:15p <b>Wet Barre</b> 7:15p - 8:00p <b>Yog(a)qua</b> 8:00p - 8:45p</p>	<p><b>18</b></p> <p>Fluidity 10:00a - 10:45a</p>
<p><b>19</b></p>	<p><b>20</b></p> <p>"Basic Training" 10:00a - 10:45a</p> <p>Deeply Fit 6:30p - 7:15p <b>Aqua Fitness</b> 7:15p - 8:00p</p>	<p><b>21</b></p>	<p><b>22</b></p> <p>"Basic Training" 10:00a - 10:45a</p> <p>Walk "on" Water 6:30p - 7:15p <b>Splish, Splash</b> 7:15p - 8:00p <b>Make Waves</b> 8:00p - 8:45p</p>	<p><b>23</b></p>	<p><b>24</b></p> <p>Holiday Hours 9:00a - 12:00p ONLY</p> <p>No Aquatic Fitness Classes</p>	<p><b>25</b></p> <p>Merry Christmas!!</p>
<p><b>26</b></p>	<p><b>27</b></p> <p>No Morning Class</p> <p>Deeply Fit 6:30p - 7:15p <b>Aqua Fitness</b> 7:15p - 8:00p</p>	<p><b>28</b></p>	<p><b>29</b></p> <p>"Basic Training" 10:00a - 10:45a</p> <p>Walk "on" Water 6:30p - 7:15p <b>Splish, Splash</b> 7:15p - 8:00p <b>Make Waves</b> 8:00p - 8:45p</p>	<p><b>30</b></p>	<p><b>31</b></p> <p>Holiday Hours 9:00a - 12:00p ONLY</p> <p>No Aquatic Fitness Classes</p>	<p><b>JANUARY 1</b></p> <p>Happy New Year!!</p>