



BENSENVILLE
RECREATION & COMMUNITY
PROGRAMMING

WATER'S EDGE AQUATIC CENTER

LAP & THERAPY SWIM

FAMILY SWIM

AQUATIC FITNESS

DAILY RATES

MONTHLY MEMBERSHIP

WATER'S EDGE AQUATIC CENTER

find your aquatic self...

LAP & THERAPY SWIM

Swim @ Own Risk. No Lifeguard on Duty. Children under 16 years of age MUST be accompanied IN THE WATER by an adult 16 years or older. Swimming alone is not advised.

Monday 9:00a - 3:00p

Wednesday 9:00a - 3:00p

Thursday 9:00a - 3:00p

Friday 9:00a - 3:00p

FAMILY SWIM

Lifeguard on Duty. Children under 6 years of age MUST be accompanied IN THE WATER by and adult 16 years of age or older. Children 6-12 years of age MUST have an adult present on the pool deck. Children 12 years of age and older may swim without an adult present.

Saturday 8:00a - 10:00a

Sunday 8:00a - 10:00a

...your aquatic fitness destination

AQUATIC FITNESS

Increase metabolism, build muscle tone & strength, improve balance and relieve tension - all with pain-free, no-impact movements. Classes are held in our warm water Dive Well. Floatation devices are available for participant safety and comfort. Classes offered to adults 16 years of age or older.

AQUA FITNESS

Multi-level class incorporating cardio, strength training and stretching for an all body workout.

Mondays, Wednesdays, Fridays 10:00a-10:45a

Mondays, Wednesdays, Fridays 6:00p - 6:45p

CRUNCHES & KICKS

Focusing on the core of the body, working the abs and legs to tone and shape.

Mondays, Fridays 7:00p - 7:45p

MAKE WAVES

Advanced-level class includes cardio, strength training and stretching.

Wednesdays 8:00p - 8:45p

OODLES OF NOODLES

Multi-level class using noodles for added fun, excitement & resistance.

Wednesdays 7:00p - 7:45p

PICK ME UP

An energizing workout in the afternoon, helping to get you through the slump!

Mondays, Wednesdays, Fridays 1:00p - 1:45p

WET BARRE

Isometric exercises performed using resistance for the ultimate in toning & shaping.

Mondays, Fridays 8:00p - 8:45p

CONTACT US

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