

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 - 9:00 am H ₂ O Mashup (W) Leisure Pool	8:00 - 9:00 am Fluid Fusion (W) Leisure Pool	8:15 - 9:15 am Fluid Fusion (W) Leisure Pool	8:00 - 9:00 am Hydro HIIT (W) Leisure Pool	8:00 - 9:00 am Aqua Pump (W) Leisure Pool	8:00 - 9:00 am H ₂ O Mashup (W) Leisure Pool	
					9:00 am - Noon Children's Lessons All Pools	
9:30 - 10:30 am AWE 1 (NM/\$) Therapy Pool	9:15 - 11:30 am AWE 1/1+ (NM/\$) Therapy Pool	9:30 - 10:30 am AWE 1 (NM/\$) Therapy Pool	9:15 - 11:30 am AWE 1/1+ (NM/\$) Therapy Pool			
Private Swim Lessons throughout the day						
Open - 4:00 pm 7:30 pm - Close OPEN SWIM	Open - 9:00 am 11:00 am - 4:00 pm 7:30 pm - Close OPEN SWIM	Open - 4:00 pm 7:30 pm - Close OPEN SWIM	Open - 4:00 pm 7:30 pm - Close OPEN SWIM	Open - 9:00 am 11:00 am - 4:00 pm 7:30 pm - Close OPEN SWIM	5:00 - 9:00 am 5:00 pm - Close OPEN SWIM	Open - Noon 4:00 pm - Close OPEN SWIM
	5:15 - 6:15 am High School Swim Team Lap Pool (3 lanes)		5:15 - 6:15 am High School Swim Team Lap Pool (3 lanes)			
3:15 - 5:15 pm High School Swim Team Lap Pool (3 lanes)	3:15 - 5:15 pm High School Swim Team Lap Pool (3 lanes)	3:15 - 5:15 pm High School Swim Team Lap Pool (3 lanes)	3:15 - 5:15 pm High School Swim Team Lap Pool (3 lanes)	3:15 - 5:15 pm High School Swim Team Lap Pool (3 lanes)	Family Fitness 2:00 - 5:00 pm	Family Fitness Noon - 4:00 pm
6:00 - 8:00 pm Hammerheads Practice Lap Pool (3 lanes) (10/21/19 - 3/11/20)	4:30 - 5:30 pm 6:30 - 7:30 pm Hammerheads Practice Lap Pool and Leisure Pool	6:00 - 8:00 pm Hammerheads Practice Lap Pool (3 lanes) (10/21/19 - 3/11/20)	4:30 - 5:30 pm 6:30 - 7:30 pm Hammerheads Practice Lap Pool and Leisure Pool	Family Fitness 6:00 - 8:00 pm (11/15/19 - 3/27/20)		
4:00 - 7:30 pm Children's Lessons All Pools	4:00 - 7:30 pm Children's Lessons All Pools	4:00 - 7:30 pm Children's Lessons All Pools	4:00 - 7:30 pm Children's Lessons All Pools			
	5:30 - 6:30 pm Fluid Fusion (W) Leisure Pool	5:15 - 6:00 pm Hydro HIIT Leisure Pool			Swim Meets Leisure Pool (1/18, 2/22, 3/14/20)	

General class information

Two lanes for one hour. Family Fitness Time - Leisure and PT2. Lap Pool for members ages 12 and up. \$ - fee-based, registration required. NM - non-members welcome for a fee, registration required. W - class suitable for WellBridge. During swim meets, the lap pool is unavailable until 2:30 pm.

See the Member Services Desk or call 815.444.2900 for details.

Northwestern Medicine

Huntley Health and Fitness Center

10450 Algonquin Road
Huntley, Illinois 60142
815.444.2900

nmhfc.com