2024 NOVEMBER AQUA Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **10am Aqua Fit** **Lisa** *Daylight Savings Ends*	2 **10-10:45am HiiT the Water** T Fitness Forum 12:30-3:30pm Leisure	3 **10-10:45am Aqua Fit** Sherry Kinera 8am-3pm Leisure Pool 10-11am 10-10:30am Level 1&2 10:30-11am Level 2&3 Snappers 5-7:15pm 5 lanes	4 **10-10:45am Aqua Fit** Kelly Fitness Forum 8:30-11:30am Leisure Snappers 5-7:15pm 5 lanes	5 **10-10:45am Aqua Fit** Carol **10:30-12pm Bayside PT** Leisure Pool Leisure Pool 10-11am 10-10:30am Level 1&2 10:30-11am Level 2&3 Fitness Forum 12-3pm Leisure Snappers 5-7:15pm 5 lanes	6 **10:10:45am HiiT the Water** Lisa	7 **8:30-11am Swim Lessons** **Club One** **8:30-10am Leisure Pool** 8:30-9am Parent/Child 9-9:30am Level 1&2 9:30-10am Level 2&3 9:30-10am Stroke Dev 10-11am Stroke Clinic
8 **10am Aqua Fit** **Lisa**	9 **10-10:45am HiiT the Water** Carol Fitness Forum 12:30-3:30pm Leisure	10 **10-10:45am Aqua Fit** Sherry Kinera 8am-3pm Leisure Pool 10-11am 10-10:30am Level 1&2 10:30-11am Level 2&3 Snappers 5-7:15pm 5 lanes	11 **10-10:45am Aqua Fit** Kelly Fitness Forum 8:30-11:30am Leisure Snappers 5-7:15pm 5 lanes	12 **10-10:45am Aqua Fit** Damaris **10:30-12pm Bayside PT** Leisure Pool Leisure Pool 10-11am 10-10:30am Level 1&2 10:30-11am Level 2&3 Fitness Forum 12-3pm Leisure Snappers 5-7:15pm 5 lanes	13 **10:10:45am HiiT the Water** Mark	14 **8:30-11am Swim Lessons** **Club One** **8:30-10am Leisure Pool** 8:30-9am Parent/Child 9-9:30am Level 1&2 9:30-10am Level 2&3 9:30-10am Stroke Dev 10-11am Stroke Clinic
15 **10am Aqua Fit** **Lisa**	16 **10-10:45am HiiT the Water** Mark Fitness Forum 12:30-3:30pm Leisure KIHS 3:30-5PM 5 LANES	17 **10-10:45am Aqua Fit** Sherry Kinera 8am-3pm Leisure Pool 10-11am 10-10:30am Level 1&2 10:30-11am Level 2&3 KIHS 3:30-5PM 5 LANES Snappers 5-7:15pm 5 lanes	18 **10-10:45am Aqua Fit** Kelly Fitness Forum 8:30-11:30am Leisure KIHS 3:30-5PM 5 LANES SNAPPERS MOCK MEET AQUATICS CLOSES 5PM	19 **10-10:45am Aqua Fit** Carol **10:30-12pm Bayside PT** Leisure Pool Leisure Pool 10-11am 10-10:30am Level 1&2 10:30-11am Level 2&3 Fitness Forum 12-3pm KIHS 3:30-5PM 5 LANES **SNAPPERS SEASON PARTY** 3 lanes	20 **10:10:45am HiiT the Water** Parker KIHS 3:30-5PM 5 LANES AQUATIC CENTER CLOSES AT 5PM St Mary's Swim Meet 5-8pm	21 **8:30-11am Swim Lessons** **Club One** **8:30-10am Leisure Pool** 8:30-9am Parent/Child 9-9:30am Level 1&2 9:30-10am Level 2&3 9:30-10am Stroke Dev 10-11am Stroke Clinic
22 **10am Aqua Fit** **Lisa**	23 **10-10:45am HiiT the Water** Mark Fitness Forum 12:30-3:30pm Leisure KIHS 3:30-5PM 5 LANES	24 **10-10:45am Aqua Fit** Sherry Kinera 8am-3pm Leisure Pool 10-11am 10-10:30am Level 1&2 10:30-11am Level 2&3 KIHS 3:30-5PM 5 LANES	25 **10-10:45am Aqua Fit** Kelly Fitness Forum 8:30-11:30am Leisure KIHS 3:30-5PM 5 LANES	26 **Thanksgiving Day** 7:30-11:30am	27 **10:10:45am HiiT the Water** Carol Swim & Bubbles KIHS 3:30-5PM 5 LANES	28 **8:30-11am Swim Lessons** **Club One** **8:30-10am Leisure Pool** 8:30-9am Parent/Child 9-9:30am Level 1&2 9:30-10am Level 2&3 9:30-10am Stroke Dev 10-11am Stroke Clinic
29 **10am Aqua Fit** **Lisa** 30 **10am Aqua Fit** **Lisa**	30 **10-10:45am HiiT the Water** T Fitness Forum 12:30-3:30pm Leisure KIHS 3:30-5PM 5 LANES				**AQUATIC CENTER HOURS** **M-TH 5:30AM-8PM** **FRI 5:30AM-7PM** **SAT/SUN 7:30AM-4PM** **SCHEDULE IS SUBJECT TO CHANGE** **Must Register & Pay for Swim Training, Swim lessons, Swim Team, PT, etc**	**The leisure pool is utilized for therapy, lessons, and is available to members & guests of all ages** **Planned acitivities are posted on the schedule**