

2024

FEBRUARY

AQUA Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10am Aqua Fit Lisa	2 10-10:45am HiIT the Water Kelli Fitness Forum 12:30-3:30pm Leisure KIHS Swim Team 3:30-5pm 5 lanes Leisure Pool 4:30-5:30pm 4:30-5pm Parent/Child 5-5:30pm Level 1&2	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 KIHS Swim Team 3:30-5pm 5 lanes Stroke Clinic 5-6pm 3 lanes	4 10-10:45am Aqua Fit Kelly Fitness Forum 8:30-11:30am Leisure KIHS Swim Team 3:30-5pm 5 lanes Leisure Pool 4:30-5:30pm 4:30-5pm Parent/Child 5-5:30pm Level 1&2	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 KIHS Swim Team 3:30-5pm 5 lanes Stroke Clinic 5-6pm 3 lanes	6 10-10:45am HiIT the Water Jen KIHS Swim Team 3:30-5pm 5 lanes	7 8:30-11am Swim Lessons Club One
8 10am Aqua Fit Lisa	9 10-10:45am HiIT the Water Kelli Fitness Forum 12:30-3:30pm Leisure KIHS Swim Team 3:30-5pm 5 lanes Leisure Pool 4:30-5:30pm 4:30-5pm Parent/Child 5-5:30pm Level 1&2	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 KIHS Swim Team 3:30-5pm 5 lanes Stroke Clinic 5-6pm 3 lanes	11 10-10:45am Aqua Fit Kelly Fitness Forum 8:30-11:30am Leisure KIHS Swim Team 3:30-5pm 5 lanes Leisure Pool 4:30-5:30pm 4:30-5pm Parent/Child 5-5:30pm Level 1&2	12 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 KIHS Swim Team 3:30-5pm 5 lanes Stroke Clinic 5-6pm 3 lanes	13 10-10:45am HiIT the Water Kelli KIHS Swim Team 3:30-5pm 5 lanes	14 8:30-11am Swim Lessons Club One
15 10am Aqua Fit Lisa	16 10-10:45am HiIT the Water T Fitness Forum 12:30-3:30pm Leisure Leisure Pool 4:30-5:30pm 4:30-5pm Parent/Child 5-5:30pm Level 1&2	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 Swim Team 3:30-5pm 5 lanes Stroke Clinic 5-6pm 3 lanes	18 10-10:45am Aqua Fit Kelly Fitness Forum 8:30-11:30am Leisure KIHS Swim Team 3:30-5pm 5 lanes Leisure Pool 4:30-5:30pm 4:30-5pm Parent/Child 5-5:30pm Level 1&2	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 KIHS Swim Team 3:30-5pm 5 lanes Stroke Clinic 5-6pm 3 lanes	20 10-10:45am HiIT the Water Jen KIHS Swim Team 3:30-5pm 5 lanes	21 8:30-11am Swim Lessons Club One
22 10am Aqua Fit Lisa	23 10-10:45am HiIT the Water T Fitness Forum 12:30-3:30pm Leisure Leisure Pool 4:30-5:30pm 4:30-5pm Parent/Child 5-5:30pm Level 1&2	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 Stroke Clinic 5-6pm 3 lanes	25 10-10:45am Aqua Fit Kelly Fitness Forum 8:30-11:30am Leisure Leisure Pool 4:30-5:30pm 4:30-5pm Parent/Child 5-5:30pm Level 1&2	26 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	27 10-10:45am HiIT the Water Kelli Swim & Bubbles	28 8:30-11am Swim Lessons Club One
					SNAPPERS SWIM TEAM STARTS MARCH 3RD DURING PHYSICAL THERAPY SESSION TIMES PLEASE BE RESPECTFUL & KIND WHILE SHARING THE POOLS.	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