

JUNE AQUA Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>AQUATIC CENTER HOURS M-TH 5:30AM-8PM FRI 5:30AM-7PM SAT/SUN 7:30AM-4PM SCHEDULE IS SUBJECT TO CHANGE</p> <p>Must Register & Pay for Swim Training, Swim lessons, Swim Team, PT, etc</p>				<p>1</p> <p>9am Aqua Dance Damaris Adult Aqua 6-6:45am 10-10:45am Aqua Fit Damaris 10:30-12pm Bayside PT AQUA 3:30-6pm Leisure Ken Barsa 3:30-5pm 2Lanes Stroke Clinic 5-6pm 3 lanes AQUA 6-6:45pm 1 Lane Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes</p>	<p>2</p> <p>AQUA 9-11:30am Leisure 10:10:45am HiIT the Water Christin</p>	<p>3</p> <p>8:30-11am Swim Lessons Club One</p>
<p>4</p> <p>10am Aqua Fit Damaris</p>	<p>5</p> <p>10:10:45am HiIT the Water Christin</p> <p>AQUA 4:30-5:15pm 1 Lane AQUA 5:15-6pm 2 Lanes</p> <p>Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes</p>	<p>6</p> <p>10-10:45am Aqua Fit Sherry</p> <p>AQUA 4:30-5:15PM Leisure AQUA 5:15-6:45 Leisure/2 Lap Stroke Clinic 5-6pm 3 lanes</p> <p>Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes</p>	<p>7</p> <p>10-10:45am Aqua Fit Kelly AQUA 10-11:30am Leisure</p> <p>AQUA 3:15-5:15pm Leisure AQUA 4:30-5:15pm 1 Lane AQUA 5:15-6pm Leisure/2Lap</p> <p>Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes</p>	<p>8</p> <p>9am Aqua Dance Damaris Adult Aqua 6-7am 1 lane 10-10:45am Aqua Fit Damaris 10:30-12pm Bayside PT Leisure Pool</p> <p>AQUA 3:30-6pm Leisure Stroke Clinic 5-6pm 3 lanes AQUA 6-6:45pm 1 Lane Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes</p>	<p>9</p> <p>AQUA 9-11:30am Leisure 10:10:45am HiIT the Water Christin</p>	<p>10</p> <p>8:30-11am Swim Lessons Club One</p>
<p>11</p> <p>10am Aqua Fit Damaris</p>	<p>12</p> <p>10:10:45am HiIT the Water Christin</p> <p>AQUA 4:30-5:15pm 1 Lane AQUA 5:15-6pm 2 Lanes</p> <p>Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes</p>	<p>13</p> <p>10-10:45am Aqua Fit Sherry</p> <p>Stroke Clinic 5-6pm 3 lanes</p> <p>Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes</p>	<p>14</p> <p>10-10:45am Aqua Fit Kelly</p> <p>Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes</p>	<p>15</p> <p>9am Aqua Dance Damaris Adult Aqua 6-7am 1 lane 10-10:45am Aqua Fit Damaris 10:30-12pm Bayside PT</p> <p>Stroke Clinic 5-6pm 3 lanes Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes</p>	<p>16</p> <p>10:10:45am HiIT the Water Christin</p>	<p>17</p> <p>8:30-11am Swim Lessons Club One</p>
<p>18</p> <p>10am Aqua Fit Damaris</p>	<p>19</p> <p>10:10:45am HiIT the Water Christin</p> <p>AQUA 4:30-5:15pm 1 Lane AQUA 5:15-6pm 2 Lanes</p> <p>Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes</p>	<p>20</p> <p>10-10:45am Aqua Fit Damaris</p> <p>Stroke Clinic 5-6pm 3 lanes</p> <p>Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes</p>	<p>21</p> <p>10-10:45am Aqua Fit Kelly</p> <p>Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes</p>	<p>22</p> <p>9am Aqua Dance Damaris Adult Aqua 6-7am 1 lane 10-10:45am Aqua Fit Damaris 10:30-12pm Bayside PT Leisure Pool</p> <p>Stroke Clinic 5-6pm 3 lanes Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes</p>	<p>23</p> <p>10:10:45am HiIT the Water Christin</p>	<p>24</p> <p>8:30-11am Swim Lessons Club One</p>
<p>25</p> <p>10am Aqua Fit Damaris</p>	<p>26</p> <p>10:10:45am HiIT the Water Christin</p> <p>AQUA 4:30-5:15pm 1 Lane AQUA 5:15-6pm 2 Lanes</p> <p>Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes</p>	<p>27</p> <p>10-10:45am Aqua Fit Sherry</p> <p>Stroke Clinic 5-6pm 3 lanes</p> <p>Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes</p>	<p>28</p> <p>10-10:45am Aqua Fit Kelly</p> <p>Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes</p>	<p>29</p> <p>9am Aqua Dance Damaris Adult Aqua 6-7am 1 lane 10-10:45am Aqua Fit Damaris 10:30-12pm Bayside PT Leisure Pool</p> <p>Stroke Clinic 5-6pm 3 lanes Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes</p>	<p>30</p> <p>10:10:45am HiIT the Water Damaris</p>	