

JANUARY

AQUA Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NEW YEAR'S DAY 9:30AM-1PM	2 10:10:45am HiIT the Water Christin KIHS 3:30-5PM 4 LANES	3 10:10:45am Aqua Fit Sherry KIHS 3:30-5PM 4 LANES Stroke Clinic 5-6pm 3 lanes Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes	4 10:10:45am Aqua Fit Kelly KIHS 3:30-5PM 4 LANES Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes	5 10:10:45am Aqua Fit Damaris 10:30-12pm Bayside PT Leisure Pool KIHS 3:30-5PM 4 LANES Stroke Clinic 5-6pm 3 lanes Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes	6 10:10:45am HiIT the Water Christin Gunston 2:30-3:30pm 2 lanes	7 8:30-11am Swim Lessons Club One
8 10am Aqua Fit Damaris	9 10:10:45am HiIT the Water Christin KIHS 3:30-5PM 4 LANES Aqua Swimming 4:30-5:15pm 1 lane 5:15-6pm 2 lanes 7:10-8pm 1 lane	10 10:10:45am Aqua Fit Sherry KIHS 3:30-5PM 4 LANES Stroke Clinic 5-6pm 3 lanes Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes	11 10:10:45am Aqua Fit Kelly KIHS 3:30-5PM 4 LANES Aqua Swimming 4:30-5:15pm 1 lane 5:15-6pm 2 lanes Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes	12 10:10:45am Aqua Fit Damaris 10:30-12pm Bayside PT Leisure Pool KIHS 3:30-5PM 4 LANES Stroke Clinic 5-6pm 3 lanes Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes	13 10:10:45am HiIT the Water Christin Gunston 2:30-3:30pm 2 lanes	14 8:30-11am Swim Lessons Club One
15 10am Aqua Fit Damaris	16 10:10:45am HiIT the Water Christin KIHS 3:30-5PM 4 LANES Aqua Swimming 4:30-5:15pm 1 lane 5:15-6pm 2 lanes 7:10-8pm 1 lane	17 10:10:45am Aqua Fit Sherry KIHS 3:30-5PM 4 LANES Stroke Clinic 5-6pm 3 lanes Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes	18 10:10:45am Aqua Fit Kelly KIHS 3:30-5PM 4 LANES Aqua Swimming 4:30-5:15pm 1 lane 5:15-6pm 2 lanes Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes	19 10:10:45am Power Splash Damaris 10:30-12pm Bayside PT Leisure Pool KIHS 3:30-5PM 4 LANES Stroke Clinic 5-6pm 3 lanes Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes	20 AQUA 9:15-10am 1 Lane 10:10:45am HiIT the Water Christin Gunston 2:30-3:30pm 2 lanes	21 8:30-11am Swim Lessons Club One
22 10am Aqua Fit Damaris	23 10:10:45am HiIT the Water Christin KIHS 3:30-5PM 4 LANES Aqua Swimming 4:30-5:15pm 1 lane 5:15-6pm 2 lanes 7:10-8pm 1 lane	24 10:10:45am Aqua Fit Sherry KIHS 3:30-5PM 4 LANES Stroke Clinic 5-6pm 3 lanes Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes	25 10:10:45am Aqua Fit Kelly KIHS 3:30-5PM 4 LANES Aqua Swimming 4:30-5:15pm 1 lane 5:15-6pm 2 lanes Spirit Swim Team 6-7pm 4 lanes 7-8pm 5 lanes	26 10:10:45am Aqua Fit Damaris 10:30-12pm Bayside PT Leisure Pool AQUATIC CENTER CLOSED KIHS 3:30-6:30PM SWIM MEET	27 AQUA 9:15-10am 1 Lane 10:10:45am HiIT the Water Christin	28 8:30-11am Swim Lessons Club One
29 10am Aqua Fit Damaris	30 10:10:45am HiIT the Water Christin KIHS 3:30-5PM 4 LANES 7:10-8pm 1 lane	31 10:10:45am Aqua Fit Sherry KIHS 3:30-5PM 4 LANES Stroke Clinic 5-6pm 3 lanes Spirit Swim Team 6-7pm 4 lanes 7-8pm 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