

2024

NOVEMBER

AQUA Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 activities are posted on the schedule					1 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
2 10am Aqua Fit Lisa *Daylight Savings Ends*	3 10-10:45am HiIT the Water Kelli Fitness Forum 12:30-3:30pm Leisure	4 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 5-6pm 4 lanes Snappers 6-7:15pm 5 lanes	5 10-10:45am Aqua Fit Kelly Fitness Forum 8:30-11:30am Leisure Snappers 5-6pm 4 lanes Snappers 6-7:15pm 5 lanes	6 10-10:45am Aqua Fit Sherry 10:30-12pm Bayside PT Leisure Pool Leisure Pool 10-11am 10-10:30am Level 1&2 10-30-11am Level 2&3 Snappers 5-6pm 4 lanes Snappers 6-7:15pm 5 lanes	7 10:10:45am HiIT the Water Jen Spirit Swim Clinic 6-7pm 3 lanes	8 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
9 10am Aqua Fit Lisa	10 10-10:45am HiIT the Water T Fitness Forum 12:30-3:30pm Leisure	11 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 5-6pm 4 lanes Snappers 6-7:15pm 5 lanes	12 10-10:45am Aqua Fit Kelly Fitness Forum 8:30-11:30am Leisure Snappers 5-6pm 4 lanes Snappers 6-7:15pm 5 lanes	13 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 Snappers 5-6pm 4 lanes Snappers 6-7:15pm 5 lanes	14 10:10:45am HiIT the Water Lisa Spirit Swim Clinic 6-7pm 3 lanes	15 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
16 10am Aqua Fit Lisa	17 10-10:45am HiIT the Water Kelli Fitness Forum 12:30-3:30pm Leisure KIHS 3:30-5PM 5 LANES	18 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 5-6pm 4 lanes Snappers 6-7:15pm 5 lanes	19 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	20 10-10:45am Aqua Fit Sherry 10:30-12pm Bayside PT Leisure Pool Leisure Pool 10-11am 10-10:30am Level 1&2 10-30-11am Level 2&3 KIHS 3:30-5PM 5 LANES SNAPPERS WIBIT PARTY 5:30-7PM 3 LANES	21 10:10:45am HiIT the Water Lisa KIHS 3:30-5PM 5 LANES AQUATIC CENTER CLOSES @5PM ST MARYS SWIM MEET	22 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
23 10am Aqua Fit Lisa	24 10-10:45am HiIT the Water T Fitness Forum 12:30-3:30pm Leisure KIHS 3:30-5PM 5 LANES	25 10-10:45am Aqua Fit Jen 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 Stroke Clinic 5-6pm 3 lanes	26 10-10:45am Aqua Fit Kelly Fitness Forum 8:30-11:30am Leisure	27 Thanksgiving Day 7:30-11:30am	28 10:10:45am HiIT the Water Lisa	29 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
30 10am Aqua Fit Lisa						