

2024

OCTOBER

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				1 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 5-7:15pm 5 lanes	2 10:10:45am HiIT the Water Lisa	3 8:30-11am Swim Lessons Club One 8:30-10am Leisure Pool 8:30-9am Parent/Child Private Lessons 1&2 9:30-10am Level 2&3 9:30-10am Stroke Dev 10-11am Stroke Clinic
4 10am Aqua Fit Lisa	5 10-10:45am HiIT the Water T	6 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	7 10-10:45am Aqua Fit Kelly Fitness Forum 8:30-11:30am Leisure Snappers 5-7:15pm 5 lanes	8 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 Snappers 5-7:15pm 5 lanes	9 10:10:45am HiIT the Water Damaris	10 8:30-11am Swim Lessons Club One 8:30-10am Leisure Pool 8:30-9am Parent/Child Private Lessons 1&2 9:30-10am Level 2&3 9:30-10am Stroke Dev 10-11am Stroke Clinic
11 10am Aqua Fit Lisa	12 10-10:45am HiIT the Water Damaris Fitness Forum 12:30-3:30pm Leisure	13 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	14 10-10:45am Aqua Fit Kelly Fitness Forum 8:30-11:30am Leisure Snappers 5-6pm 4 lanes Snappers 6-7:15pm 5 lanes	15 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	16 10:10:45am HiIT the Water Lisa	17 8:30-11am Swim Lessons Club One 8:30-10am Leisure Pool 8:30-9am Parent/Child Private Lessons 1&2 9:30-10am Level 2&3 9:30-10am Stroke Dev 10-11am Stroke Clinic
18 10am Aqua Fit Lisa	19 10-10:45am HiIT the Water Mark Fitness Forum 12:30-3:30pm Leisure	20 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	21 10-10:45am Aqua Fit Kelly Fitness Forum 8:30-11:30am Leisure Snappers 5-7:15pm 5 lanes	22 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 5-7:15pm 5 lanes	23 10:10:45am HiIT the Water Sherry	24 8:30-11am Swim Lessons Club One 8:30-10am Leisure Pool 8:30-9am Parent/Child Private Lessons 1&2 9:30-10am Level 2&3 9:30-10am Stroke Dev 10-11am Stroke Clinic
25 10am Aqua Fit Lisa	26 10-10:45am HiIT the Water T Fitness Forum 12:30-3:30pm Leisure	27 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	28 10-10:45am Aqua Fit Kelly Fitness Forum 8:30-11:30am Leisure Snappers 5-7:15pm 5 lanes	29 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 5-7:15pm 5 lanes	30 10:10:45am HiIT the Water Carol	31 8:30-11am Swim Lessons Club One 8:30-10am Leisure Pool 8:30-9am Parent/Child Private Lessons 1&2 9:30-10am Level 2&3 9:30-10am Stroke Dev 10-11am Stroke Clinic