

2024

AUGUST

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 8:30-11am Swim Lessons Club One
2 10am Aqua Fit Damaris	3 10-10:45am HiIT the Water No Class Fitness Forum 12:30-3:30pm Leisure	4 10-10:45am Aqua Fit Carol 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	5 10-10:45am Aqua Fit Kelly Fitness Forum 8:30-11:30am Leisure	6 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 Stroke Clinic 5-6pm 3 lanes	7 10-10:45am HiIT the Water Sherry	8 8:30-11am Swim Lessons Club One
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 Stroke Clinic 5-6pm 3 lanes	12 10-10:45am Aqua Fit Kelly Fitness Forum 8:30-11:30am Leisure	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 Stroke Clinic 5-6pm 3 lanes	14 10-10:45am HiIT the Water Sherry Leisure Pool 9:30-11:30am Stepping Stones	15 8:30-11am Swim Lessons Club One
16 10am Aqua Fit Lisa	17 10-10:45am HiIT the Water T Fitness Forum 12:30-3:30pm Leisure	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 Stroke Clinic 5-6pm 3 lanes	19 10-10:45am Aqua Fit Kelly Fitness Forum 8:30-11:30am Leisure	20 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 Stroke Clinic 5-6pm 3 lanes	21 10-10:45am HiIT the Water Mark	22 8:30-11am Swim Lessons Club One
23 10am Aqua Fit Lisa	24 10-10:45am HiIT the Water Carol Fitness Forum 12:30-3:30pm Leisure	25 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	26 10-10:45am Aqua Fit Kelly Fitness Forum 8:30-11:30am Leisure	27 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	28 10-10:45am HiIT the Water Mark	29 8:30-11am Swim Lessons Club One
30 10am Aqua Fit Lisa	31 10-10:45am HiIT the Water Mark Fitness Forum 12:30-3:30pm Leisure					