2024

JANUARY 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 **HAPPY NEW YEAR 2026!** 9:30am - 2:30pm	2 KIHS Swim Team 8:15-9:45am 5 lanes **10-10:45am HiiT the Water** Jen	3 **8:30-11am Swim Lessons** **Club One**
4 **10am+A16:A58 Aqua Fit** **Lisa**	5 **10-10:45am HiiT the Water** Kelli Fitness Forum 12:30-3:30pm Leisure KIHS Swim Team 3:30-5pm 5 lanes	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 KIHS Swim MEET AQUATIC CENTER CLOSED 3-6:30PM NO LAP LANES AVAIL 3-8PM Spirit 7-8pm 6 lanes	7 **10-10:45am Aqua Fit** Kelly Fitness Forum 8:30-11:30am Leisure KIHS Swim Team 3:30-5pm 5 lanes Stroke Clinic 5-6pm 3 lanes Spirit 6-8pm 5 lanes	8 **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 KIHS Swim MEET AQUATIC CENTER CLOSED 3-6:30PM NO LAP LANES AVAIL 3-8PM Spirit 7-8pm 6 lanes	9 **10-10:45am HiiT the Water** Kelli KIHS Swim Team 3:30-5pm 5 lanes AQUATIC CENTER CLOSES @5PM ST MARYS SWIM MEET	10 **8:30-11am Swim Lessons** **Club One**
11 **10am Aqua Fit** **Lisa**	12 **10-10:45am HiiT the Water** Kelli Fitness Forum 12:30-3:30pm Leisure KIHS Swim Team 3:30-5pm 5 lanes	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 Gunston Swim MEET AQUATIC CENTER CLOSED 2:30-5PM Stroke Clinic 5-6pm 3 lanes Spirit 6-8pm 5 lanes	14 **10-10:45am Aqua Fit** Kelly Fitness Forum 8:30-11:30am Leisure KIHS Swim Team 3:30-5pm 5 lanes Stroke Clinic 5-6pm 3 lanes Spirit 6-8pm 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 KIHS Swim MEET AQUATIC CENTER CLOSED 3-6:30PM NO LAP LANES AVAIL 3-8PM Spirit 7-8pm 6 lanes	16 **10-10:45am HiiT the Water** Jen KIHS Swim Team 3:30-5pm 5 lanes	17 **8:30-11am Swim Lessons** **Club One**
18 **10am Aqua Fit** **Lisa**	19 **10-10:45am HiiT the Water** T Fitness Forum 12:30-3:30pm Leisure KIHS Swim Team 3:30-5pm 5 lanes	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 KIHS Swim Team 3:30-5pm 5 lanes Stroke Clinic 5-6pm 3 lanes Spirit 6-8pm 5 lanes	21 **10-10:45am Aqua Fit** Kelly Fitness Forum 8:30-11:30am Leisure KIHS Swim Team 3:30-5pm 5 lanes Stroke Clinic 5-6pm 3 lanes Spirit 6-8pm 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 KIHS Swim Team 3:30-5pm 5 lanes Stroke Clinic 5-6pm 3 lanes Spirit 6-8pm 5 lanes	23 **10-10:45am HiiT the Water** Kelli AQUATIC CENTER CLOSES @5PM ST MARYS SWIM MEET	24 **8:30-11am Swim Lessons** **Club One**
25 **10am Aqua Fit** **Lisa**	26 **10-10:45am HiiT the Water** T Fitness Forum 12:30-3:30pm Leisure KIHS Swim Team 3:30-5pm 5 lanes	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 NO KIHS Stroke Clinic 5-6pm 3 lanes	28 **10-10:45am Aqua Fit** Kelly Fitness Forum 8:30-11:30am Leisure KIHS Swim Team 3:30-5pm 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 NO KIHS Stroke Clinic 5-6pm 3 lanes	30 **10-10:45am HiiT the Water** Jen	31 **8:30-11am Swim Lessons** **Club One**