

2024

DECEMBER

AQUA Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10-10:45am HiIT the Water Kelli Fitness Forum 12:30-3:30pm Leisure KIHS Swim Team 3:30-5pm 5 lanes	2 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	3 10-10:45am Aqua Fit Kelly Fitness Forum 8:30-11:30am Leisure KIHS Swim Team 3:30-5pm 5 lanes Spirit 6-8pm 5 lanes	4 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	5 10-10:45am HiIT the Water Kelli KIHS Swim Team 3:30-5pm 5 lanes AQUATIC CENTER CLOSSES @5PM ST MARYS SWIM MEET	6 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
7 10am Aqua Fit Lisa	8 10-10:45am HiIT the Water T Fitness Forum 12:30-3:30pm Leisure KIHS Swim Team 3:30-5pm 5 lanes	9 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 7-8pm 5 lanes	10 10-10:45am Aqua Fit Kelly Fitness Forum 8:30-11:30am Leisure KIHS Swim Team 3:30-5pm 5 lanes Spirit 6-8pm 5 lanes	11 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	12 10-10:45am HiIT the Water Kelli KIHS Swim Team 3:30-5pm 5 lanes Club One Closes at 5pm Staff Holiday Party AQUATIC CENTER CLOSSES @5PM ST MARYS SWIM MEET	13 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
14 10am Aqua Fit Lisa	15 10-10:45am HiIT the Water Kelli Fitness Forum 12:30-3:30pm Leisure KIHS Swim Team 3:30-5pm 5 lanes	16 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	17 10-10:45am Aqua Fit Kelly Fitness Forum 8:30-11:30am Leisure KIHS Swim Team 3:30-5pm 5 lanes Spirit 6-8pm 5 lanes	18 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	19 10-10:45am HiIT the Water Jen 10-10:45am HiIT the Water Lisa	20 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
21 10am Aqua Fit Lisa	22 10-10:45am HiIT the Water Kelli Fitness Forum 12:30-3:30pm Leisure	23 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	24 CHRISTMAS EVE 7:30-11:30am	25 CHRISTMAS DAY CLOSED	26 10-10:45am HiIT the Water Lisa	27 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
28 10am Aqua Fit Lisa	29 KIHS Swim Team 8:15-9:45am 5 lanes 10-10:45am HiIT the Water Lisa Fitness Forum 12:30-3:30pm Leisure	30 KIHS Swim Team 8:15-9:45am 5 lanes 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	31 NEW YEAR'S EVE 5:30am - 4:30pm			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