

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 Kelly Fitness Forum 10-12 Leisure Snappers 5-6pm 4 lanes Snappers 6-7:15pm 5 lanes	2 9-9:45am Aqua Dance 10-10:45am Aqua Fit Damaris 10:30-12pm Bayside PT Leisure Pool Snappers 5-6pm 4 lanes Snappers 6-7:15pm 5 lanes	3 10:10:45am HiIT the Water Damaris 	4 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
5 10am Aqua Fit Damaris	6 10-10:45am HiIT the Water T Fitness Forum 1:30-3:30pm Leisure	7 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	8 10-10:45am Aqua Fit Kelly Fitness Forum 10-12 Leisure Snappers 5-6pm 4 lanes Snappers 6-7:15pm 5 lanes	9 9-9:45am Aqua Dance 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 5-6pm 4 lanes Snappers 6-7:15pm 5 lanes	10 10:10:45am HiIT the Water Damaris	11 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
12 10am Aqua Fit Damaris	13 10-10:45am HiIT the Water Kelli Fitness Forum 1:30-3:30pm Leisure	14 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	15 10-10:45am Aqua Fit Kelly Fitness Forum 10-12 Leisure Snappers 5-6pm 4 lanes Snappers 6-7:15pm 5 lanes	16 10-10:45am Aqua Fit Kelli 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	17 10:10:45am HiIT the Water Jen	18 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
19 10am Aqua Fit NO CLASS	20 10-10:45am HiIT the Water Kelli Fitness Forum 1:30-3:30pm Leisure	21 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	22 10-10:45am Aqua Fit Kelly Fitness Forum 10-12 Leisure Snappers 5-6pm 4 lanes Snappers 6-7:15pm 5 lanes	23 10-10:45am Aqua Fit Jen 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	24 10:10:45am HiIT the Water Kelli	25 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
26 10am Aqua Fit NO CLASS	27 10-10:45am HiIT the Water T Fitness Forum 1:30-3:30pm Leisure	28 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	29 10-10:45am Aqua Fit Kelly Fitness Forum 10-12 Leisure Snappers 5-6pm 4 lanes Snappers 6-7:15pm 5 lanes	30 9-9:45am Aqua Dance 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 5-6pm 4 lanes Snappers 6-7:15pm 5 lanes	31 10:10:45am HiIT the Water Damaris Swim & Bubbles	