

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 9:30 Preschool Playtime Swim 10:15 Yoga 11:30 Lane and Leisure Swim 1:00 Aqua Fit (Baby and Me Aqua Fit) 6:30 Aqua Cycle 6:30 Full Body Blast 7:30 Aqua Jog 8:30 Lane and Leisure Swim	2 6:00 Lane and Leisure Swim 8:30 Aqua Jog 9:00 Low Impact Fitness 10:15 Public Skate 11:30 Lane and Leisure Swim	3 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 10:15 Yoga 11:00 Leisure Swim 12:00 Lane Swim 3:30 Public Skate	4 7:30 Lane and Leisure Swim 12:00 Community Swim
5	6 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 10:15 Yoga 11:30 Lane and Leisure Swim 1:00 Aqua Fit (Baby and Me Aqua Fit) 5:45 Full Body Blast 6:30 Yoga Blast 6:30 Aqua Cycle 7:30 Aqua Jog 8:30 Lane and Leisure Swim	7 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skate 11:30 Lane and Leisure Swim 6:30 Full Body Blast	8 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 9:30 Preschool Playtime Swim 10:15 Yoga 11:30 Lane and Leisure Swim 1:00 Aqua Fit (Baby and Me Aqua Fit) 6:30 Aqua Cycle 6:30 Full Body Blast 7:30 Aqua Jog 8:30 Lane and Leisure Swim	9 6:00 Lane and Leisure Swim 8:30 Aqua Jog 9:00 Low Impact Fitness 10:15 Public Skate 11:30 Lane and Leisure Swim	10 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 10:15 Yoga 11:00 Leisure Swim 12:00 Lane Swim 3:30 Public Skate	11 7:30 Lane and Leisure Swim 12:00 Community Swim
12 1:00 “What’s Your Sign? Exhibition Opening @ ANHS 1:15 Free Public Skate	13 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics	14 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skate 11:30 Lane and Leisure Swim	15 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Jog 8:30 Aqua Fit (Baby and Me Aqua Fit)	16 6:00 Lane and Leisure Swim 8:30 Aqua Jog 9:00 Low Impact Fitness 10:15 Public Skate	17 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics	18 7:30 Lane and Leisure Swim 12:00 Community Swim

	10:15 Yoga 11:30 Lane and Leisure Swim 1:00 Aqua Fit (Baby and Me Aqua Fit) 5:45 Full Body Blast 6:30 Yoga Blast 6:30 Aqua Cycle 7:30 Aqua Jog 8:30 Lane and Leisure Swim	1:30 "Be My Valentine" Tea at ANHS 6:30 Full Body Blast	9:00 Aerobics 9:30 Preschool Playtime Swim 10:15 Yoga 11:30 Lane and Leisure Swim 1:00 Aqua Fit (Baby and Me Aqua Fit) 6:30 Aqua Cycle 6:30 Full Body Blast 8:30 Lane and Leisure Swim	11:30 Lane and Leisure Swim	10:15 Yoga 11:00 Leisure Swim 12:00 Lane Swim	
19	20 9:00 Free Public Skate 10:00 Family Day Fun & Games 11:00 Free Community Swim	21 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skate 11:30 Lane and Leisure Swim 6:30 Full Body Blast	22 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 9:30 Preschool Playtime Swim 10:15 Yoga 11:30 Lane and Leisure Swim 1:00 Aqua Fit (Baby and Me Aqua Fit) 6:30 Full Body Blast 7:30 Aqua Jog 8:30 Lane and Leisure Swim	23 6:00 Lane and Leisure Swim 8:30 Aqua Jog 9:00 Low Impact Fitness 10:15 Public Skate 11:30 Lane and Leisure Swim 12:00 Lunch and Learn 2023- The End of The Lines- the story of the T.L.E. & P. Railway" @ ANHS	24 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 10:15 Yoga 11:00 Leisure Swim 12:00 Lunch and Learn 2023- The End of The Lines- the story of the T.L.E. & P. Railway" @ ANHS 12:00 Lane Swim 3:30 Public Skate 6:00 Friday Night Hangout (Age 13-15yrs)	25 7:30 Lane and Leisure Swim 12:00 Community Swim
26 1:15 Free Public Skate	27 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 9:30 Preschool Playtime Swim 10:15 Yoga 11:30 Lane and Leisure Swim 1:00 Aqua Fit (Baby and Me Aqua Fit) 5:00 Community Swim 5:45 Full Body Blast 6:30 Yoga Blast 6:30 Aqua Cycle 7:30 Aqua Jog 8:30 Lane and Leisure Swim	28 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skate 11:00 Leisure Swim 12:00 Lane Swim 5:00 Community Swim 6:30 Full Body Blast				

