

# WINTER 2022 SCHEDULE

		Sun	Mon	Tues	Wed	Thurs	Fri	Sat		
M o r n i n g	C l o s e d	6:00-11:00a <b>Lap Swim</b>	6:00-11:00a <b>Lap Swim</b>	6:00-11:00a <b>Lap Swim</b>	6:00-11:00a <b>Lap Swim</b>	6:00-11:00a <b>Lap Swim</b>	6:00-11:00a <b>Lap Swim</b>			
		6:00-8:00a <b>Water Walk</b>	6:00-11:00a <b>Water Walk</b>	6:00-8:00a <b>Water Walk</b>	6:00-11:00a <b>Water Walk</b>	6:00-8:00a <b>Water Walk</b>	6:00-11:00a <b>Water Walk</b>	6:00-8:00a <b>Water Walk</b>		
		6:10-7:00a <b>DW Aerobics</b>		6:10-7:00a <b>DW Aerobics</b>	6:10-7:00a <b>DW Aerobics</b>	6:10-7:00a <b>DW Aerobics</b>	6:10-7:00a <b>DW Aerobics</b>	6:10-7:00a <b>DW Aerobics</b>		
		8:10-9:00a <b>SW Aerobics</b>	8:10-9:00a <b>DW Aerobics</b>	8:10-9:00a <b>SW Aerobics</b>	8:10-9:00a <b>DW Aerobics</b>	8:10-9:00a <b>SW Aerobics</b>	8:10-9:00a <b>DW Aerobics</b>	8:10-9:00a <b>SW Aerobics</b>		
		9:10-10:00a <b>DW Aerobics</b>	9:00-11:00a <b>Family Swim</b>	9:10-10:00a <b>DW Aerobics</b>	9:10-10:00a <b>DW Aerobics</b>	9:00-11:00a <b>Family Swim</b>	9:10-10:00a <b>DW Aerobics</b>	9:10-10:00a <b>DW Aerobics</b>		
		9:00-10:00a <b>Water Walk</b>		9:00-10:00a <b>Water Walk</b>	9:00-10:00a <b>Water Walk</b>		9:00-10:00a <b>Water Walk</b>	9:00-10:00a <b>Water Walk</b>		
		10:10-11:00a <b>SW Aerobics</b>		10:10-11:00a <b>SW Aerobics</b>	10:10-11:00a <b>SW Aerobics</b>		10:10-11:00a <b>SW Aerobics</b>	10:10-11:00a <b>SW Aerobics</b>		
		<b>11:00a-4:00p CLOSED</b>								
		<i>Nov. 15th thru mid Feb. / St. Helens H.S. Swim Team 3:30-5:00p</i>								
				4:00-5:00p <b>Lap Swim</b>	4:00-5:00p <b>Lap Swim</b>	4:00-5:00p <b>Lap Swim</b>	4:00-5:00p <b>Lap Swim</b>	4:00-5:00p <b>Lap Swim</b>	4:00-5:00p <b>Family Swim</b>	
E v e n i n g	S e d	4:00-6:00p <b>Lessons</b>	4:00-6:00p <b>Lessons</b>	4:00-6:00p <b>Lessons</b>	4:00-6:00p <b>Lessons</b>	4:00-6:00p <b>Lessons</b>	4:10-5:00p <b>DW Aerobic Stations</b>			
		5:00-7:00p <b>Public Swim</b>	5:00-7:00p <b>Public Swim</b>	5:00-7:00p <b>Public Swim</b>	5:00-7:00p <b>Public Swim</b>	5:00-7:00p <b>Public Swim</b>	5:00-7:00p <b>Public Swim</b>	5:00-7:00p <b>Public Swim</b>		
		5:15-6:45p <b>SLST</b>	5:15-6:45p <b>SLST</b>	5:15-6:45p <b>SLST</b>	5:15-6:45p <b>SLST</b>	5:15-6:45p <b>SLST</b>	5:15-6:45p <b>SLST</b>	5:15-6:45p <b>SLST</b>		
		6:10-7:00p <b>DW Aerobics</b>	6:10-7:00p <b>DW Aerobics</b>	6:10-7:00p <b>DW Aerobics</b>	6:10-7:00p <b>DW Aerobics</b>	6:10-7:00p <b>DW Aerobics</b>	6:10-7:00p <b>DW Aerobics</b>	6:00-6:30p <b>Parent/TOT</b>		
		7:00-8:00p <b>Lessons &amp; Lap Swim</b>	7:00-8:00p <b>Lessons &amp; Lap Swim</b>	7:00-8:00p <b>Lessons &amp; Lap Swim</b>	7:00-8:00p <b>Lessons &amp; Lap Swim</b>	7:00-8:00p <b>Lessons &amp; Lap Swim</b>	7:00-8:00p <b>Lessons &amp; Lap Swim</b>	7:00-8:00p <b>Family Swim &amp; Lap Swim</b>		
<i>Nov. 15th thru mid Feb. / Scappoose H.S. Swim Team 7:00-8:30p</i>										

SW=Shallow Water/DW=Deep Water