

WINTER 2023 SCHEDULE (Jan 3-Mar 18)

		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
M o r n i n g	C o s e d	6:00-NOON Lap Swim	6:00-NOON Lap Swim	6:00-NOON Lap Swim	6:00-NOON Lap Swim	6:00-NOON Lap Swim	6:00-NOON Lap Swim		
		6:00-8:00a Water Walk	6:00-NOON Water Walk	6:00-8:00a Water Walk	6:00-NOON Water Walk	6:00-8:00a Water Walk	6:00-NOON Water Walk		
		6:10-7:00a DW Aerobics		6:10-7:00a DW Aerobics		6:10-7:00a DW Aerobics			
		8:10-9:00a SW Aerobics	8:10-9:00a DW Aerobics	8:10-9:00a SW Aerobics	8:10-9:00a DW Aerobics	8:10-9:00a SW Aerobics	8:10-9:00a DW Aerobics		
		9:00-10:00a Water Walk	9:15-9:45a Adult Lessons	9:00-10:00a Water Walk	9:15-9:45a Adult Lessons	9:00-10:00a Water Walk	9:15-9:45a Adult Lessons		
		9:10-10:00a DW Aerobics		9:10-10:00a DW Aerobics		9:10-10:00a DW Aerobics			
		10:10-11:00a SW Aerobics		10:10-11:00a SW Aerobics		10:10-11:00a SW Aerobics		10:00-1:00p Lap Swim	
		11:00a-NOON Family Swim	11:00-NOON Family Swim	11:00a-NOON Family Swim	11:00-NOON Family Swim	11:00a-NOON Family Swim	11:00-NOON Family Swim	10:30-11:00a Parent/TOT	
		POOL CLOSED NOON-3:30P						C l o s e d	10:00-1:00p Family Swim/ Water Walk
		3:30-5:00p Public Swim	3:30-5:00p Public Swim	3:30-5:00p Public Swim	3:30-5:00p Public Swim	3:30-5:00p Public Swim			
5:00-7:00p Lessons		5:00-7:00p Lessons		5:00-7:00p Lessons					
6:10-7:00p DW Aerobics	6:10-7:00p DW Aerobics	6:10-7:00p DW Aerobics	6:10-7:00p DW Aerobics	6:10-7:00p DW Aerobics					
Mid NOV-MID FEB. - St. Helens High School 4 lanes M-F 3:30-5:00p									
Sea Lions swim team 4 lanes M-F 5:00-6:30									
Mid NOV-FEB. - Scappoose High School 4 lanes M-TH 6:30-8:00p also WED & FRI am									

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