

WINTER 2025 SCHEDULE *(Jan 2-March 22)*

		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
M o r n i n g	C l o s e d	6:00-1:00p Lap Swim	6:00-1:00p Lap Swim	6:00-1:00p Lap Swim	6:00-1:00p Lap Swim	6:00-1:00p Lap Swim	6:00-1:00p Lap Swim		
		6:00-8:00a Water Walk	6:00-11:00a Water Walk	6:00-8:00a Water Walk	6:00-8:00a Water Walk	6:00-11:00a Water Walk	6:00-8:00a Water Walk		
		6:10-7:00a DW Aerobics		6:10-7:00a DW Aerobics		6:10-7:00a DW Aerobics		6:10-7:00a DW Aerobics	
		8:10-9:00a SW Aerobics	8:00-9:00a Adult Lessons	8:10-9:00a SW Aerobics		8:00-9:00a Adult Lessons	8:10-9:00a SW Aerobics		
		9:00-10:00a Water Walk	8:10-9:00a DW Aerobics	9:00-10:00a Water Walk		8:10-9:00a DW Aerobics	9:00-10:00a Water Walk		
		9:10-10:00a DW Aerobics		9:10-10:00a DW Aerobics		9:10-10:00a DW Aerobics		10:00-1:00p Lap Swim	
		10:10-11:00a SW Aerobics		10:10-11:00a SW Aerobics		10:10-11:00a SW Aerobics		10:00-1:00p Family Swim/ Water Walk	
		11:00a-1:00p Family Swim	11:00-1:00p Family Swim	11:00a-1:00p Family Swim		11:00-1:00p Family Swim	11:00a-1:00p Family Swim		
		POOL CLOSED 1:00-3:30P						C l o s e d	
		SHHS Swim Team thru Feb. 20 - 3:30-5:00p LAP SWIM (will return 2/24/25)							
3:30-5:00p Public Swim	3:30-5:00p Public Swim	3:30-5:00p Public Swim		3:30-5:00p Public Swim					
Drop in 4:30-5:00p Parent/TOT		Drop in 4:30-5:00p Parent/TOT							
5:00-7:00p Lessons	5:00-7:00p Lessons & Water Walk	5:00-7:00p Lessons		5:00-7:00p Lessons & Water Walk					
6:10-7:00p DW Aerobics	6:10-7:00p DW Aerobics	6:10-7:00p DW Aerobics		6:10-7:00p DW Aerobics					
Sea Lions Swim Team M-F 5:00-6:30p									

DW = Deep Water Aerobic Class

SW = Shallow Water Aerobic Class

Water Walk = No instructor

Family Swim = Adult Must be IN Water with child at all times

Public Swim = Children under 7 must be accompanied by an Adult IN Water at all times.