

FALL 2024 SCHEDULE (Oct. 7 - Dec. 20) revised 12/2/24

		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	6:00-11:00a 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	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	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		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		10:10-11:00a 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	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 Mid Nov.-Mid Feb. 3:30-5:00p NO LAP SWIM								
3:30-5:00p Public/LAP Swim	3:30-5:00p Public/LAP Swim	3:30-5:00p Public/LAP Swim	3:30-5:00p Public/LAP Swim	3:30-5:00p Public/LAP Swim	3:30-5:00p Public/LAP Swim	3:30-5:00p Public/LAP Swim				
Drop in 4:30-5:00p Parent/TOT		Drop in 4:30-5:00p Parent/TOT		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 Water Walk	5:00-7:00p Lessons	5:00-7:00p Water Walk	5:00-7:00p Lessons	5:00-7:00p Water Walk	5:00-7:00p 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	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.