

# WINTER 2023 SCHEDULE (Jan 3-Mar 25)

		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
<b>M o r n i n g</b>	<b>C l o s e d</b>	6:00-NOON <b>Lap Swim</b>	6:00-NOON <b>Lap Swim</b>	6:00-NOON <b>Lap Swim</b>	6:00-NOON <b>Lap Swim</b>	6:00-NOON <b>Lap Swim</b>	6:00-NOON <b>Lap Swim</b>		
		6:00-8:00a <b>Water Walk</b>	6:00-NOON <b>Water Walk</b>	6:00-8:00a <b>Water Walk</b>	6:00-NOON <b>Water Walk</b>	6:00-8:00a <b>Water Walk</b>	6:00-NOON <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>	
		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>	
		9:00-10:00a <b>Water Walk</b>	9:15-9:45a <b>Adult Lessons</b>	9:00-10:00a <b>Water Walk</b>	9:15-9:45a <b>Adult Lessons</b>	9:00-10:00a <b>Water Walk</b>	9:15-9:45a <b>Adult Lessons</b>	9:00-10:00a <b>Water Walk</b>	
		9:10-10:00a <b>DW Aerobics</b>		9:10-10:00a <b>DW Aerobics</b>		9:10-10:00a <b>DW Aerobics</b>		9:10-10:00a <b>DW 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>	
		11:00a-NOON <b>Family Swim</b>	11:00-NOON <b>Family Swim</b>	11:00a-NOON <b>Family Swim</b>	11:00-NOON <b>Family Swim</b>	11:00a-NOON <b>Family Swim</b>	11:00-NOON <b>Family Swim</b>	11:00a-NOON <b>Family Swim</b>	
		<b>POOL CLOSED NOON-3:30P</b>						<b>C l o s e d</b>	10:00-1:00p <b>Lap Swim</b>
									10:30-11:00a <b>Parent/TOT</b>
						10:00-1:00p <b>Family Swim/ Water Walk</b>			
<b>E v e n i n g</b>									
	3:30-5:00p <b>Public Swim</b>	3:30-5:00p <b>Public Swim</b>	3:30-5:00p <b>Public Swim</b>	3:30-5:00p <b>Public Swim</b>	3:30-5:00p <b>Public Swim</b>				
	5:00-7:00p <b>Lessons</b>		5:00-7:00p <b>Lessons</b>		5:00-7:00p <b>Lessons</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>			
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									