

FALL 2025 SCHEDULE (Sept. 22 - Dec. 21)

		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	6:00-1:00p Water Walk	6:00-8:00a Water Walk	6:00-1:00p Water Walk	6:00-8:00a Water Walk	6:00-1:00p 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	8:10-9:00a 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	8:10-9:00a SW Aerobics		
		9:00-10:00a Water Walk	9:00-10:00a Adult Lessons	9:00-10:00a Water Walk	9:00-10:00a Adult Lessons	9:00-10:00a Water Walk	9:00-10:00a Adult Lessons	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/ Water Walk	11:00-1:00p Family Swim	11:00a-1:00p Family Swim/ Water Walk	11:00-1:00p Family Swim	11:00a-1:00p Family Swim/ Water Walk	11:00-1:00p Family Swim	11:00a-1:00p Family Swim/ Water Walk		
		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 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						
Drop in 4:30-5:00p Parent/TOT		Drop in 4:30-5:00p Parent/TOT		Drop in 4:30-5:00p Parent/TOT						
Sea Lions Swim Team M-F 5:00-6:30p										
5:00-7:00p Lessons	5:00-7:00p Lessons	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						

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.