

# WINTER 2026 SCHEDULE (Jan 5 - Feb 28)

		Sun	Mon	Tues	Wed	Thurs	Fri	Sat		
<b>M o r n i n g</b>	<b>C l o s e d</b>	6:00-1:00p <b>Lap Swim</b>	6:00-1:00p <b>Lap Swim</b>	6:00-1:00p <b>Lap Swim</b>	6:00-1:00p <b>Lap Swim</b>	6:00-1:00p <b>Lap Swim</b>	6:00-1:00p <b>Lap Swim</b>			
		6:00-8:00a <b>Water Walk</b>	6:00-1:00p <b>Water Walk</b>	6:00-8:00a <b>Water Walk</b>	6:00-1:00p <b>Water Walk</b>	6:00-8:00a <b>Water Walk</b>	6:00-1:00p <b>Water Walk</b>	6:00-8:00a <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>	9:00-10:00a <b>Adult Lessons</b>	9:00-10:00a <b>Water Walk</b>	9:00-10:00a <b>Adult Lessons</b>	9:00-10:00a <b>Water Walk</b>	9:00-10:00a <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>	10:00-1:00p <b>Lap Swim</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>	10:00-1:00p <b>Family Swim/ Water Walk</b>	
		12:00-1:00p <b>Family Swim/ Water Walk</b>	11:00a-1:00p <b>Family Swim/ Water Walk</b>	12:00-1:00p <b>Family Swim/ Water Walk</b>	11:00a-1:00p <b>Family Swim/ Water Walk</b>	12:00-1:00p <b>Family Swim/ Water Walk</b>	11:00a-1:00p <b>Family Swim/ Water Walk</b>	12:00-1:00p <b>Family Swim/ Water Walk</b>		
		<b>POOL CLOSED 1:00-3:30P</b>						<b>C l o s e d</b>		
		<b>SHHS Swim Team Mid Nov.-Mid Feb. 3:30-5:00p NO LAP 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>	3:30-5:00p <b>Public Swim</b>	3:30-5:00p <b>Public Swim</b>					
<b>Sea Lions Swim Team M-F 5:00-6:30p</b>										
5:00-7:00p <b>Lessons</b>	5:00-7:00p <b>Lessons</b>	5:00-7:00p <b>Lessons</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>					

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.