

FALL 2023 SCHEDULE (Oct. 2-Nov. 12)

| | | Sun | Mon | Tues | Wed | Thurs | Fri | Sat | | |
|---|--|-------------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|--|----------------------------|---|
| M o r n i n g | C o s e d | 6:00-NOON Lap Swim | 6:00-NOON Lap Swim | 6:00-NOON Lap Swim | 6:00-NOON Lap Swim | 6:00-NOON Lap Swim | 6:00-NOON 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 | | |
| | | 10:10-11:00a SW Aerobics | | 10:10-11:00a SW Aerobics | | 10:10-11:00a SW Aerobics | | 10:10-11:00a SW Aerobics | 10:00-1:00p Lap Swim | |
| | | 11:00a-NOON Family Swim | 11:00-NOON Family Swim | 11:00a-NOON Family Swim | 11:00-NOON Family Swim | 11:00a-NOON Family Swim | 11:00-NOON Family Swim | 11:00a-NOON Family Swim | 10:30-11:00a Parent/TOT | |
| | | POOL CLOSED NOON-3:30P | | | | | | C l o s e d | | 10:00-1:00p Family Swim/ Water Walk |
| | | | 3:30-5:00p Public Swim | | 3:30-5:00p Public Swim | | | | | |
| 3:30-5:00p Lap Swim | 3:30-5:00p Lap Swim | 3:30-5:00p Lap Swim | 3:30-5:00p Lap Swim | 3:30-5:00p Lap Swim | 3:30-5:00p Lap Swim | | | | | |
| NO LAP SWIM NOV 13-MID FEB DUE TO HS SWIM TEAM | | | | | | | | | | |
| E v e n i n g | | 4:00-6:00p Lessons | 5:00-6:00p Water Walk | 4:00-6:00p Lessons | 5:00-6:00p 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 | | | | |
| | NOV 13-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 | | | | | | | | | |
| NOV 13-MID FEB. - Scappoose High School 4 lanes M-TH 6:30-8:00p & FRI am | | | | | | | | | | |