

# SPRING 2023 SCHEDULE (April 3-June 17)

		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
<b>M</b> <b>o</b> <b>r</b> <b>n</b> <b>i</b> <b>g</b>	<b>C</b> <b>l</b> <b>a</b> <b>s</b> <b>s</b> <b>e</b> <b>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>							10:00-1:00p <b>Lap Swim</b>
		4/3-5/12 -- St. Helens Middle School Practice 3:30-5:00p Starting May 15: Lap swim available 3:30-5:00p							Call pool Sat. AM to confirm class will take place
<b>E</b> <b>v</b> <b>e</b> <b>n</b> <b>i</b> <b>g</b>	<b>C</b> <b>L</b> <b>O</b> <b>S</b> <b>E</b> <b>D</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>	10:30-11:00a <b>Parent/TOT</b>		
		Sea Lions swim team 4 lanes M-F 5:00-6:30p							
		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>	6:10-7:00p <b>DW Aerobics</b>	
									10:00-1:00p <b>Family Swim/ Water Walk</b>

