

FALL 2026 SCHEDULE (Sept 21 - Nov 15)

		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	10:00-1:00p Lap Swim 10:00-1:00p Family Swim/ 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		
		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		
		9:10-10:00a 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		
		11:00-1:00p Family Swim/ Water Walk	11:00a-1:00p Family Swim/ Water Walk	11:00-1:00p Family Swim/ Water Walk	11:00a-1:00p Family Swim/ Water Walk	11:00a-1:00p Family Swim/ Water Walk		
		POOL CLOSED 1:00-3:30P						
		3:30-5:00p Public/Lap Swim		3:30-5:00p Public/Lap Swim	3:30-5:00p Public/Lap Swim	3:30-5:00p Public/Lap Swim		
4:30-5:00p Parent/TOT			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				
6:10-7:00p DW Aerobics		6:10-7:00p DW Aerobics	6:10-7:00p DW Aerobics	6:10-7:00p DW Aerobics				
6:30-7:00p Lap Swim		6:30-7:00p Lap Swim	6:30-7:00p Lap Swim	6:30-7:00p Lap Swim				
E v e n i n g		C l o s e d						

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.