



SCHOOL YEAR 2022 – 2023

8/22/22-5/27/23



| Monday | | | |
|-------------------|----------|----------|-----------|
| Lane 1 | Lane 2/3 | Lane 4/5 | OS/Adults |
| 10:00am | 10:00am | | |
| 10:45am | 10:45am | | |
| 11:30am | 11:30am | | |
| | | | |
| 3:30pm | 3:30pm | | |
| 4:15pm | 4:15pm | | OS |
| 5:00pm | 5:00pm | 5:00pm | |
| 5:45pm | 5:45pm | 5:45pm | Adults |
| 6:30pm Seals II/3 | 6:30 | | OS |

| Wednesday | | | |
|-------------------|----------|----------|-----------|
| Lane 1 | Lane 2/3 | Lane 4/5 | OS/Adults |
| 10:00am Seals I | 10:00am | | |
| 10:45am | 10:45am | | |
| 11:30am | 11:30am | | |
| | | | |
| 3:30pm | 3:30pm | 3:30pm | |
| 4:15pm | 4:15pm | 4:15pm | |
| 5:00pm Seals I/L1 | 5:00pm | | |
| 5:45pm | 5:45pm | 5:45pm | |
| 6:30pm Seals II | 6:30pm | | |

| Tuesday | | | |
|----------------|----------|----------|-----------|
| Lane 1 | Lane 2/3 | Lane 4/5 | OS/Adults |
| 3:30pm | 3:30pm | 3:30pm | |
| 4:15pm | 4:15pm | 4:15pm | OS* |
| 5:00pm | 5:00pm | 5:00pm | |
| 5:45pm | 5:45pm | 5:45pm | |
| 6:30pm Seals 3 | 6:30pm | | Adult |

| Thursday | | | |
|-----------------|----------|----------|-----------|
| Lane 1 | Lane 2/3 | Lane 4/5 | OS/Adults |
| 3:30pm | 3:30pm | 3:30pm | |
| 4:15 Seals I/L1 | 4:15pm | | |
| 5:00pm | 5:00pm | 5:00pm | |
| 5:45pm | 5:45pm | 5:45pm | |
| 6:30pm | 6:30 pm | | Adult |

| Friday | | | |
|----------------|----------|----------|-----------|
| Lane 1 | Lane 2/3 | Lane 4/5 | OS/Adults |
| 3:30pm | 3:30pm | | |
| 4:15pm | 4:15pm | | |
| 5:00pm | 5:00pm | 5:00pm | |
| 5:45pm Seals I | 5:45pm | | |
| 6:30pm Seals I | | | OS |

| Saturday | | | |
|-------------------|----------|------|-----------|
| Lane 1 | Lane 2/3 | Lane | OS/Adults |
| 9:00am Seals 1 | | | OS |
| 9:45am Seals I/L1 | | | |
| | | | 10:30am |

Specialty Programming

| Seals I, II, 3's | Older Starters (OS) | Nervous Beginner Semi-Privates | Adults |
|--|---|--|--|
| M: 6:30pm T: 6:30pm W: 9:15am, 6:30pm TH: 4:15pm F: 5:45 & 6:30 pm Sat: 9:00 & 9:45am | M: 4:15, 6:30 *T: 4:15 pm (2 classes) F: 6:30 pm Sat: 9:00am | TBD Wait list is full (changes coming For this program) | M: 5:45 pm T: 6:30 TH: 6:30 pm Sat: 10:30 |