



WEEKLY SCHEDULE

NOVEMBER 2024

MONDAY

18

Long Course Break Down at 1:15pm

Masters: (6:15am-7:15am) & (12:15pm-1:15pm)

Barracudas Practice: 3:30pm-7:00pm

LJCDS Practice 3:30pm-5:30pm

TUESDAY

19

Masters: (6:15am-7:15am), (12:15pm-1:15pm), (5:30pm-6:30pm)

Barracudas Practice: 3:30pm-7:00pm

LJCDS Practice 3:30pm-5:30pm

WEDNESDAY

20

Masters: (6:15am-7:15am) & (12:15pm-1:15pm)

Barracudas Practice: 3:30pm-7:00pm

LJCDS Practice 3:30pm-5:30pm

THURSDAY

21

Masters: (6:15am-7:15am), (12:15pm-1:15pm), (5:30pm-6:30pm)

Barracudas Practice: 3:30pm-7:00pm

LJCDS Practice 3:30pm-5:30pm

FRIDAY

22

Long Course Set-Up 3:30pm

Masters: (6:15am-7:15am) & (12:15pm-1:15pm)

Barracudas Practice: 3:30pm-5:45pm

SATURDAY

23

No Events Scheduled

SUNDAY

24

Masters: (10:00am-11:30am)



WEEKLY SCHEDULE

NOVEMBER 2024

MONDAY

25

Long Course Break Down at 1:15pm

Masters: (6:15am-7:15am) & (12:15pm-1:15pm)

Barracudas Practice: 3:30pm-7:00pm

LJCDS Practice 3:30pm-5:30pm

TUESDAY

26

Masters: (6:15am-7:15am), (12:15pm-1:15pm), (5:30pm-6:30pm)

Barracudas Practice: 3:30pm-7:00pm

LJCDS Practice 3:30pm-5:30pm

WEDNESDAY

27

Masters: (6:15am-7:15am) & (12:15pm-1:15pm)

Barracudas Practice: 3:30pm-7:00pm

LJCDS Practice 3:30pm-5:30pm

THURSDAY

28

CLOSED ALL DAY-THANKSGIVING

FRIDAY

29

Long Course Set-Up 3:30pm

Masters: (6:15am-7:15am) & (12:15pm-1:15pm)

SATURDAY

30

No Events Scheduled

SUNDAY



WEEKLY SCHEDULE

DECEMBER 2024

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY 01	Masters: (10:00am-11:30am)



WEEKLY SCHEDULE

DECEMBER 2024

MONDAY

02

Long Course Break Down at 1:15pm

Masters: (6:15am-7:15am) & (12:15pm-1:15pm)

Barracudas Practice: 3:30pm-7:00pm

LJCDS Practice 3:30pm-5:30pm

SD Shores Practice 6:30pm-8:30pm

TUESDAY

03

Masters: (6:15am-7:15am), (12:15pm-1:15pm), (5:30pm-6:30pm)

Barracudas Practice: 3:30pm-7:00pm

LJCDS Practice 3:30pm-5:30pm

SD Shores Practice 6:30pm-8:30pm

WEDNESDAY

04

Masters: (6:15am-7:15am) & (12:15pm-1:15pm)

Barracudas Practice: 3:30pm-7:00pm

LJCDS Practice 3:30pm-5:30pm

SD Shores Practice 6:30pm-8:30pm

THURSDAY

05

Masters: (6:15am-7:15am), (12:15pm-1:15pm), (5:30pm-6:30pm)

Barracudas Practice: 3:30pm-7:00pm

LJCDS Practice 3:30pm-5:30pm

SD Shores Practice 6:30pm-8:30pm

FRIDAY

06

No Long Course Set-up

Masters: (6:15am-7:15am) & (12:15pm-1:15pm)

POOL RESERVED FOR SWIM MEET 3:30pm-6:30pm

SATURDAY

07

POOL RESERVED FOR SWIM MEET ALL DAY

SUNDAY

08

POOL RESERVED FOR SWIM MEET ALL DAY



WEEKLY SCHEDULE

DECEMBER 2024

MONDAY

09

No Long Course Break Down

Masters: (6:15am-7:15am) & (12:15pm-1:15pm)

Barracudas Practice: 3:30pm-7:00pm

LJCDS Practice 3:30pm-5:30pm

SD Shores Practice 6:30pm-8:30pm

TUESDAY

10

Masters: (6:15am-7:15am), (12:15pm-1:15pm), (5:30pm-6:30pm)

Barracudas Practice: 3:30pm-7:00pm

LJCDS Practice 3:30pm-5:30pm

SD Shores Practice 6:30pm-8:30pm

WEDNESDAY

11

Masters: (6:15am-7:15am) & (12:15pm-1:15pm)

Barracudas Practice: 3:30pm-7:00pm

LJCDS Practice 3:30pm-5:30pm

SD Shores Practice 6:30pm-8:30pm

THURSDAY

12

Masters: (6:15am-7:15am), (12:15pm-1:15pm), (5:30pm-6:30pm)

Barracudas Practice: 3:30pm-7:00pm

LJCDS Practice 3:30pm-5:30pm

SD Shores Practice 6:30pm-8:30pm

FRIDAY

13

Long Course Set-Up 3:30pm

Masters: (6:15am-7:15am) & (12:15pm-1:15pm)

Barracudas Practice: 3:30pm-5:45pm

SATURDAY

14

No Events Scheduled

SUNDAY

15

Masters: (10:00am-11:30am)



WEEKLY SCHEDULE

DECEMBER 2024

MONDAY

16

Long Course Break Down at 1:15pm

Masters: (6:15am-7:15am) & (12:15pm-1:15pm)

Barracudas Practice: 3:30pm-7:00pm

LJCDS Practice 3:30pm-5:30pm

SD Shores Practice 6:30pm-8:30pm

TUESDAY

17

Masters: (6:15am-7:15am), (12:15pm-1:15pm), (5:30pm-6:30pm)

Barracudas Practice: 3:30pm-7:00pm

LJCDS Practice 3:30pm-5:30pm

SD Shores Practice 6:30pm-8:30pm

WEDNESDAY

18

Masters: (6:15am-7:15am) & (12:15pm-1:15pm)

Barracudas Practice: 3:30pm-7:00pm

LJCDS Practice 3:30pm-5:30pm

SD Shores Practice 6:30pm-8:30pm

THURSDAY

19

Masters: (6:15am-7:15am), (12:15pm-1:15pm), (5:30pm-6:30pm)

Barracudas Practice: 3:30pm-7:00pm

LJCDS Practice 3:30pm-5:30pm

SD Shores Practice 6:30pm-8:30pm

FRIDAY

20

Long Course Set-Up 3:30pm

Masters: (6:15am-7:15am) & (12:15pm-1:15pm)

Barracudas Practice: 3:30pm-5:45pm

SATURDAY

21

No Events Scheduled

SUNDAY

22

Masters: (10:00am-11:30am)



WEEKLY SCHEDULE

DECEMBER 2024

MONDAY

23

Long Course Break Down at 1:15pm
Masters: (6:15am-7:15am) & (12:15pm-1:15pm)
Barracudas Practice: 3:30pm-7:00pm
LJCDS Practice 3:30pm-5:30pm

TUESDAY

24

Masters: (6:15am-7:15am), (12:15pm-1:15pm)
Pool Closes at 5:30pm-Christmas Eve

WEDNESDAY

25

Masters: (6:15am-7:15am)
Pool Closes a 12:00 pm-Christmas Day

THURSDAY

26

Masters: (6:15am-7:15am), (12:15pm-1:15pm),(5:30pm-6:30pm)

FRIDAY

27

Long Course Set-Up 3:30pm
Masters: (6:15am-7:15am) & (12:15pm-1:15pm)

SATURDAY

28

No Events Scheduled

SUNDAY

29

Masters: (10:00am-11:30am)



WEEKLY SCHEDULE

DECEMBER 2024

MONDAY

30

Long Course Break Down at 1:15pm
Masters: (6:15am-7:15am) & (12:15pm-1:15pm)

TUESDAY

31

Masters: (6:15am-7:15am), (12:15pm-1:15pm)

Pool Closes at 5:30pm-New Year's Eve

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY