



SPORTS FITNESS & AQUATICS

WEEKLY SCHEDULE

APRIL 2025

MONDAY	
TUESDAY 01	Masters: (6:15am-7:30am), (12:15pm-1:30pm), (5:30pm-6:30pm) Barracudas Practice: 3:30pm-7:00pm LJCDs Practice 3:30pm-5:30pm SD Shores Practice 6:30pm-8:30pm
WEDNESDAY 02	Masters: (6:15am-7:30am) & (12:15pm-1:30pm) Barracudas Practice: 3:30pm-7:00pm LJCDs Practice 3:30pm-5:30pm SD Shores Practice 6:30pm-8:30pm
THURSDAY 03	Masters: (6:15am-7:30am), (12:15pm-1:30pm), (5:30pm-6:30pm) Barracudas Practice: 3:30pm-7:00pm LJCDs Practice 3:30pm-5:30pm SD Shores Practice 6:30pm-8:30pm
FRIDAY 04	Long Course Set-Up 1:30pm Masters: (6:15am-7:30am) & (12:15pm-1:30pm) Barracudas Practice: 3:30pm-5:45pm
SATURDAY 05	No Events Scheduled
SUNDAY 06	Masters: (10:00am-11:30am) Special Olympics-Shallow End + first lane (3pm-4pm)



WEEKLY SCHEDULE

APRIL 2025

MONDAY

07

Long Course Break Down at 3:30pm

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

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

LJCDs Practice 3:30pm-5:30pm

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

TUESDAY

08

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

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

LJCDs Practice 3:30pm-5:30pm

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

WEDNESDAY

09

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

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

LJCDs Practice 3:30pm-5:30pm

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

THURSDAY

10

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

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

LJCDs Practice 3:30pm-5:30pm

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

FRIDAY

11

NO Long Course Set-Up 1:30pm

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

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

SATURDAY

12

No Events Scheduled

SUNDAY

13

POOL CLOSED ALL DAY: Passover Day 1



WEEKLY SCHEDULE

APRIL 2025

MONDAY

14

POOL CLOSED ALL DAY: Passover Day 2

TUESDAY

15

Masters: (6:15am-7:30am), (12:15pm-1:30pm), (5:30pm-6:30pm)
Barracudas Practice: 3:30pm-7:00pm
LJCDs Practice 3:30pm-5:30pm
SD Shores Practice 6:30pm-8:30pm

WEDNESDAY

16

Masters: (6:15am-7:30am) & (12:15pm-1:30pm)
Barracudas Practice: 3:30pm-7:00pm
LJCDs Practice 3:30pm-5:30pm
SD Shores Practice 6:30pm-8:30pm

THURSDAY

17

Masters: (6:15am-7:30am), (12:15pm-1:30pm), (5:30pm-6:30pm)
Barracudas Practice: 3:30pm-7:00pm
LJCDs Practice 3:30pm-5:30pm
SD Shores Practice 6:30pm-8:30pm

FRIDAY

18

Long Course Set-Up 1:30pm
Masters: (6:15am-7:30am) & (12:15pm-1:30pm)
Barracudas Practice: 3:30pm-5:45pm

SATURDAY

19

No Events Scheduled

SUNDAY

20

Masters: (10:00am-11:30am)
Special Olympics-Shallow End + first lane (3pm-4pm)



WEEKLY SCHEDULE

APRIL 2025

MONDAY

21

Long Course Break Down at 3:30pm

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

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

LJCDS Practice 3:30pm-5:30pm

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

TUESDAY

22

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

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

LJCDS VS. San Diego High School Swim Meet 3:00pm-5:00pm

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

WEDNESDAY

23

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

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

LJCDS Practice 3:30pm-5:30pm

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

THURSDAY

24

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

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

LJCDS Practice 3:30pm-5:30pm

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

FRIDAY

25

Long Course Set-Up 1:30pm

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

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

SATURDAY

26

No Events Scheduled

SUNDAY

27

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

Special Olympics-Shallow End + first lane (3pm-4pm)



SPORTS FITNESS & AQUATICS

WEEKLY SCHEDULE

APRIL 2025

MONDAY

28

Long Course Break Down at 3:30pm

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

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

LJCDs Practice 3:30pm-5:30pm

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

TUESDAY

29

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

POOL CLOSED at 2:30pm TODAY

WEDNESDAY

30

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

POOL CLOSED at 2:30pm TODAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY