SPORTS FITNESS & AQUATICS

WEEKLY SCHEDULE

November 2026

MONDAY 16	Masters: (6:15am-7:30am) & (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-7:00pm LJCDS Water Polo 3:30pm-5:30pm Long Course Breakdown at 10am
TUESDAY 17	Masters: (6:15am-7:30am), (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-7:00pm LJCDS Water Polo 3:30pm-5:30pm
WEDNESDAY 18	Masters: (6:15am-7:30am) & (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-7:00pm LJCDS Water Polo 3:30pm-5:30pm
THURSDAY 19	Masters: (6:15am-7:30am), (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-7:00pm LJCDS Water Polo 3:30pm-5:30pm
FRIDAY 20	Masters: (6:15am-7:30am) & (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-5:45pm Long Course Set-up at 2:30pm
SATURDAY 21	Barracudas Practice: 7:30am-9:30am
SUNDAY 22	Masters: (8:30am-10:00am)

SPORTS FITNESS & AQUATICS

WEEKLY SCHEDULE

November 2026

MONDAY 23	Masters: (6:15am-7:30am) & (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-7:00pm LJCDS Water Polo 3:30pm-5:30pm Long Course Breakdown at 10am
TUESDAY 24	Masters: (6:15am-7:30am), (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-7:00pm LJCDS Water Polo 3:30pm-5:30pm
WEDNESDAY 25	Masters: (6:15am-7:30am) & (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-7:00pm LJCDS Water Polo 3:30pm-5:30pm
THURSDAY 26	CLOSED-Happy Thanksgiving
FRIDAY 27	Masters: (6:15am-7:30am) & (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-5:45pm Long Course Set-up at 2:30pm
SATURDAY 28	Barracudas Practice: 7:30am-9:30am
SUNDAY 29	Masters: (8:30am-10:00am)

SPORTS FITNESS & AQUATICS

WEEKLY SCHEDULE

November 2026

MONDAY 30	Masters: (6:15am-7:30am) & (12:15pm-1:30pm) Masters: (8:30am-10:00am) Barracudas Practice: 3:30pm-7:00pm LJCDS Water Polo 3:30pm-5:30pm Long Course Breakdown at 10am
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

SPORTS FITNESS & AQUATICS

WEEKLY SCHEDULE

December 2026

MONDAY	
TUESDAY 01	Masters: (6:15am-7:30am), (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-7:00pm LJCDS Water Polo 3:30pm-5:30pm Shores 6:30pm-8:30pm
WEDNESDAY 02	Masters: (6:15am-7:30am) & (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-7:00pm LJCDS Water Polo 3:30pm-5:30pm Shores 6:30pm-8:30pm
THURSDAY 03	Masters: (6:15am-7:30am), (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-7:00pm LJCDS Water Polo 3:30pm-5:30pm Shores 6:30pm-8:30pm
FRIDAY 04	Masters: (6:15am-7:30am) & (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-5:45pm Long Course Set-up at 2:30pm
SATURDAY 05	Barracudas Practice: 7:30am-9:30am
SUNDAY 06	Masters: (8:30am-10:00am)

SPORTS FITNESS & AQUATICS

WEEKLY SCHEDULE

December 2026

MONDAY 07	Masters: (6:15am-7:30am) & (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-7:00pm LJCDS Water Polo 3:30pm-5:30pm Shores 6:30pm-8:30pm Long Course Breakdown at 10am
TUESDAY 08	Masters: (6:15am-7:30am), (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-7:00pm LJCDS Water Polo 3:30pm-5:30pm Shores 6:30pm-8:30pm
WEDNESDAY 09	Masters: (6:15am-7:30am) & (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-7:00pm LJCDS Water Polo 3:30pm-5:30pm Shores 6:30pm-8:30pm
THURSDAY 10	Masters: (6:15am-7:30am), (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-7:00pm LJCDS Water Polo 3:30pm-5:30pm Shores 6:30pm-8:30pm
FRIDAY 11	Masters: (6:15am-7:30am) & (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-5:45pm Long Course Set-up at 2:30pm
SATURDAY 12	Barracudas Practice: 7:30am-9:30am
SUNDAY 13	Masters: (8:30am-10:00am)

SPORTS FITNESS & AQUATICS

WEEKLY SCHEDULE

December 2026

MONDAY 14	Masters: (6:15am-7:30am) & (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-7:00pm LJCDS Water Polo 3:30pm-5:30pm Shores 6:30pm-8:30pm Long Course Breakdown at 10am
TUESDAY 15	Masters: (6:15am-7:30am), (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-7:00pm LJCDS Water Polo 3:30pm-5:30pm Shores 6:30pm-8:30pm
WEDNESDAY 16	Masters: (6:15am-7:30am) & (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-7:00pm LJCDS Water Polo 3:30pm-5:30pm Shores 6:30pm-8:30pm
THURSDAY 17	Masters: (6:15am-7:30am), (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-7:00pm LJCDS Water Polo 3:30pm-5:30pm Shores 6:30pm-8:30pm
FRIDAY 18	Masters: (6:15am-7:30am) & (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-5:45pm Long Course Set-up at 2:30pm
SATURDAY 19	Barracudas Practice: 7:30am-9:30am
SUNDAY 20	Masters: (8:30am-10:00am)

SPORTS FITNESS & AQUATICS

WEEKLY SCHEDULE

December 2026

MONDAY 21	Masters: (6:15am-7:30am) & (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-7:00pm LJCDS Water Polo 3:30pm-5:30pm Long Course Breakdown at 10am
TUESDAY 22	Masters: (6:15am-7:30am), (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-7:00pm LJCDS Water Polo 3:30pm-5:30pm
WEDNESDAY 23	Masters: (6:15am-7:30am) & (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-7:00pm LJCDS Water Polo 3:30pm-5:30pm
THURSDAY 24	Masters: (6:15am-7:30am), (12:15pm-1:30pm) Barracudas Practice: 3:30pm-5:45pm
FRIDAY 25	Masters: (6:15am-7:30am) Pool Closes at 12:00pm Today Long Course Set up at 10:00am
SATURDAY 26	Barracudas Practice: 7:30am-9:30am
SUNDAY 27	Masters: (8:30am-10:00am)

SPORTS FITNESS & AQUATICS

WEEKLY SCHEDULE

December 2026

MONDAY 28	Masters: (6:15am-7:30am) & (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-7:00pm LJCDS Water Polo 3:30pm-5:30pm Long Course Breakdown at 10am
TUESDAY 29	Masters: (6:15am-7:30am), (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-7:00pm LJCDS Water Polo 3:30pm-5:30pm
WEDNESDAY 30	Masters: (6:15am-7:30am) & (12:15pm-1:30pm) LJCDS Middle School PE: 2:15pm-3:15pm Barracudas Practice: 3:30pm-7:00pm LJCDS Water Polo 3:30pm-5:30pm
THURSDAY 31	Masters: (6:15am-7:30am), (12:15pm-1:30pm) Barracudas Practice: 3:30pm-5:45pm
FRIDAY	
SATURDAY	
SUNDAY	