

DAVIS LAP POOL SUMMER

JUNE 5-AUGUST 26, 2017

	MON	TUE	WED	THU	FRI	SAT	SUN
5:00	OPEN/LAP SWIM	OPEN/LAP SWIM 5:00-9:00	OPEN/LAP SWIM	OPEN/LAP SWIM 5:00-9:00	OPEN/LAP SWIM	OPEN/LAP SWIM 7:00-9:00	
5:30	5:00-6:00		5:00-6:00		5:00-6:00		
6:00	H2O INTERVAL		H2O INTERVAL				
6:30	6:00-6:45		6:00-6:45		6:00-6:45		
7:00	OPEN/LAP SWIM 6:45-9:00	CLOSED FOR SWIM LESSONS 9:00-10:30	OPEN/LAP SWIM 6:45-9:00	CLOSED FOR SWIM LESSONS 9:00-10:30	OPEN/LAP SWIM 6:45-9:00	WATER FITNESS 9:00-9:45	CLOSED FOR SWIM LESSONS 9:50-11:30
7:30							
8:00							
8:30							
9:00	WATER FITNESS CHALLENGE		WATER IN MOTION		WATER FITNESS CHALLENGE		
9:30	9:00-9:45		9:00-9:45		9:00-9:45		
10:00	MS/ARTHRITIS PLUS	AOA WATER FITNESS 10:40-11:25	MS/ARTHRITIS PLUS	AOA WATER FITNESS 10:40-11:25	MS/ARTHRITIS PLUS	CLOSED FOR SWIM LESSONS 9:50-11:30	
10:30	9:50-10:35		9:50-10:35		9:50-10:35		
11:00	WATER FITNESS		10:40-11:25		10:40-11:25		
11:30	OPEN/LAP SWIM	OPEN/LAP SWIM	OPEN/LAP SWIM	OPEN/LAP SWIM	OPEN/LAP SWIM	OPEN SWIM 11:30-6:00	OPEN SWIM 2:00-6:00
12:00	11:30-1:00	11:30-1:00	11:30-1:00	11:30-1:00	11:30-1:00		
12:30							
1:00	CLOSED FOR SWIM LESSONS	SILVER SNEAKERS SPLASH	CLOSED FOR SWIM LESSONS	SILVER SNEAKERS SPLASH	OPEN SWIM	OPEN SWIM 11:30-6:00	OPEN/LAP SWIM
1:30	1:00-2:00	1:00-1:45	1:00-2:00	1:00-1:45	1:00-2:00		12:30-2:00
2:00	ACTIVE OLDER ADULTS WATER FITNESS	CLOSED FOR SWIM LESSONS	ACTIVE OLDER ADULTS WATER FITNESS	CLOSED FOR SWIM LESSONS	ACTIVE OLDER ADULTS WATER FITNESS		
2:30	2:00-2:45	1:45-2:30	2:00-2:45	1:45-2:30	2:00-2:45		
3:00	OPEN SWIM 2:45-5:00	OPEN SWIM 2:45-5:00	OPEN SWIM 2:45-5:00	OPEN SWIM 2:45-5:00	OPEN SWIM 2:45-5:00	OPEN SWIM 2:00-6:00	OPEN SWIM 2:00-6:00
3:30							
4:00							
4:30							
5:00	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	OPEN/LAP SWIM 6:00-8:00	OPEN/LAP SWIM 6:00-8:00
5:30	5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00		
6:00	OPEN SWIM	CLOSED FOR SWIM LESSONS 6:00-7:30	OPEN SWIM	CLOSED FOR SWIM LESSONS 6:00-7:30	OPEN SWIM		
6:30	6:00-6:30		6:00-6:30		6:00-6:30		
7:00	WATER FITNESS		6:00-7:30		AQUA ZUMBA	6:00-7:30	6:00-8:00
7:30	7:15-8:00		7:15-8:00				
8:00	OPEN/LAP SWIM	OPEN/LAP SWIM	OPEN/LAP SWIM	OPEN/LAP SWIM	OPEN/LAP SWIM	OPEN/LAP SWIM 8:00-9:30	
8:30	8:00-9:30	7:30-9:30	8:00-9:30	7:30-9:30	8:00-9:30		
9:00							

Pool is closed during swimming lessons. During other scheduled programs, the class has priority of pool usage. One lap lane is always designated for lap swimming. During open/lap swim, 3 lanes are designated for lap swimming. Wristbands required for children 12 & under.

Please be advised: children under the age of 18 must exit the pool for 15 minutes before every hour.