

DAVIS LAP POOL FALL

September 11 - December 3, 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 5:00-9:00						
5:30	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	WATER IN MOTION 9:00-9:45	OPEN/LAP SWIM 6:45-9:00	WATER IN MOTION 9:00-9:45	WATER FITNESS CHALLENGE 9:00-9:45			OPEN/LAP SWIM 7:00-9:00			
7:30									9:00-9:45	9:00-9:45	9:00-9:45
8:00									9:00-9:45	9:00-9:45	9:00-9:45
8:30	WATER FITNESS CHALLENGE 9:00-9:45	OPEN SWIM 9:45-10:30	MS/ARTHRITIS PLUS 9:50-10:35	OPEN SWIM 9:45-10:30	MS/ARTHRITIS PLUS 9:50-10:35			CLOSED FOR SWIM LESSONS 9:50-11:30			
9:00									9:45-10:30	9:45-10:30	9:45-10:30
9:30									9:45-10:30	9:45-10:30	9:45-10:30
10:00	MS/ARTHRITIS PLUS 9:50-10:35	AOA WATER FITNESS 10:40-11:25	WATER FITNESS 10:40-11:25	AOA WATER FITNESS 10:40-11:25	WATER FITNESS 10:40-11:25						
10:30	9:50-10:35							10:40-11:25	10:40-11:25	10:40-11:25	
11:00	9:50-10:35							10:40-11:25	10:40-11:25	10:40-11:25	
11:30	OPEN/LAP SWIM 11:30-2:00	SILVER SNEAKERS SPLASH 1:00-1:45	SWIM LESSONS/LAP SWIM 11:30-1:00	OPEN/LAP SWIM 11:30-1:00	OPEN/LAP SWIM 11:30-2:00						
12:00								11:30-1:00	11:30-1:00	11:30-1:00	
12:30								11:30-1:00	11:30-1:00	11:30-1:00	
1:00	ACTIVE OLDER ADULTS WATER FITNESS 2:00-2:45	CLOSED FOR SWIM LESSONS 1:45-3:00	OPEN/LAP SWIM 1:00-2:00	SILVER SNEAKERS SPLASH 1:00-1:45	ACTIVE OLDER ADULTS WATER FITNESS 2:00-2:45			OPEN SWIM 11:30-6:00			
1:30									1:00-2:00	1:00-1:45	1:00-2:00
2:00									1:00-2:00	1:00-1:45	1:00-2:00
2:30	OPEN SWIM 2:45-5:00	OPEN SWIM 3:00-5:00	SWIM LESSONS/LAP SWIM 2:45-5:00	OPEN SWIM 1:45-5:00	OPEN SWIM 2:45-5:00			OPEN SWIM 2:00-6:00			
3:00						3:00-5:00	2:45-5:00		1:45-5:00	2:45-5:00	
3:30						3:00-5:00	2:45-5:00		1:45-5:00	2:45-5:00	
4:00	LAP SWIM 5:00-6:00	LAP SWIM 5:00-6:00	LAP SWIM 5:00-6:00	LAP SWIM 5:00-6:00	LAP SWIM 5:00-6:00	OPEN SWIM 2:00-6:00					
4:30							5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00	
5:00							5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00	
5:30	OPEN SWIM 6:00-6:30	CLOSED FOR SWIM LESSONS 6:00-7:30	OPEN SWIM 6:00-6:30	CLOSED FOR SWIM LESSONS 6:00-7:30	OPEN SWIM 6:00-8:00	OPEN SWIM 2:00-6:00					
6:00							6:00-6:30	6:00-6:30	6:00-6:30	6:00-6:30	
6:30							6:00-6:30	6:00-6:30	6:00-6:30	6:00-6:30	
7:00	WATER FITNESS 6:30-7:15	OPEN/LAP SWIM 7:30-9:30	AQUA ZUMBA 6:30-7:15	OPEN/LAP SWIM 7:30-9:30	OPEN/LAP SWIM 7:30-9:30	OPEN/LAP SWIM 6:00-8:00					
7:30	6:30-7:15		6:30-7:15				6:30-7:15	6:30-7:15			
8:00	6:30-7:15		6:30-7:15				6:30-7:15	6:30-7:15			
8:30	OPEN SWIM 7:15-8:00	OPEN/LAP SWIM 7:30-9:30	OPEN SWIM 7:15-8:00	OPEN/LAP SWIM 7:30-9:30	OPEN/LAP SWIM 7:30-9:30	OPEN/LAP SWIM 6:00-8:00					
8:00	7:15-8:00		7:15-8:00				7:15-8:00	7:15-8:00			
8:30	7:15-8:00		7:15-8:00				7:15-8:00	7:15-8:00			
9:00	OPEN/LAP SWIM 8:00-9:30	OPEN/LAP SWIM 7:30-9:30	OPEN/LAP SWIM 8:00-9:30	OPEN/LAP SWIM 7:30-9:30	OPEN/LAP SWIM 7:30-9:30	OPEN/LAP SWIM 6:00-8:00					
8:30	7:30-9:30		8:00-9:30				7:30-9:30	7:30-9:30			
9:00	7:30-9:30		8:00-9:30				7:30-9:30	7:30-9:30			

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 10 minutes before every hour.