

DAVIS LAP POOL WINTER/SPRING SESSIONS 2018

	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	OPEN/LAP SWIM 7:00-9:00						
5:30	5:00-6:00		5:00-6:00									
6:00	H2O INTERVAL	OPEN/LAP SWIM 5:00-9:00	H2O INTERVAL	OPEN/LAP SWIM 5:00-9:00	OPEN/LAP SWIM 5:00-9:00			OPEN/LAP SWIM 7:00-9:00				
6:30	6:00-6:45		6:00-6:45									
7:00	OPEN/LAP SWIM 6:45-9:00	OPEN/LAP SWIM 5:00-9:00	OPEN/LAP SWIM 6:45-9:00	OPEN/LAP SWIM 5:00-9:00	OPEN/LAP SWIM 5:00-9:00					OPEN/LAP SWIM 7:00-9:00		
7:30												OPEN/LAP SWIM 5:00-9:00
8:00		6:45-9:00										
8:30	WATER FITNESS CHALLENGE 9:00-9:45	WATER IN MOTION 9:00-9:45	WATER FITNESS CHALLENGE 9:00-9:45	WATER IN MOTION 9:00-9:45	WATER FITNESS CHALLENGE 9:00-9:45							WATER IN MOTION 9:00-9:45
9:00						MS/ARTHRITIS PLUS 9:50-10:35	MS/ARTHRITIS PLUS 9:50-10:35					
9:30	WATER FITNESS 10:40-11:25	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							
10:00						OPEN/LAP SWIM 11:30-2:00	OPEN/LAP SWIM 11:30-1:00	SWIM LESSONS/LAP SWIM 11:30-1:00	OPEN/LAP SWIM 11:30-1:00			
10:30	WATER FITNESS 10:40-11:25	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							
11:00						OPEN/LAP SWIM 11:30-2:00	OPEN/LAP SWIM 11:30-1:00	SWIM LESSONS/LAP SWIM 11:30-1:00	OPEN/LAP SWIM 11:30-1:00	OPEN/LAP SWIM 11:30-2:00		
11:30	SILVER SNEAKERS SPLASH 1:00-1:45	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							
12:00						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		
12:30	OPEN SWIM 2:45-5:00	OPEN SWIM 3:00-5:00	SWIM LESSONS/LAP SWIM 3:00-5:00	OPEN SWIM 1:45-5:00	OPEN SWIM 2:45-5:00							
1:00						SILVER SNEAKERS SPLASH 1:00-1:45	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		
1:30	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							
2:00						OPEN SWIM 2:45-5:00	OPEN SWIM 3:00-5:00	SWIM LESSONS/LAP SWIM 3:00-5:00	OPEN SWIM 1:45-5:00	OPEN SWIM 2:45-5:00		
2:30	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							
3:00						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		
3:30	WATER FITNESS 6:30-7:15	AQUA ZUMBA 6:30-7:15	OPEN SWIM 6:00-6:30	AQUA ZUMBA 6:30-7:15	OPEN SWIM 6:00-8:00							
4:00						OPEN SWIM 7:15-8:00	AQUA BOOT CAMP 7:35-8:20	OPEN SWIM 7:15-8:00	AQUA BOOT CAMP 7:35-8:20	OPEN/LAP SWIM 8:00-9:30		
4:30	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							
5:00						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		
5:30	WATER FITNESS 6:30-7:15	AQUA ZUMBA 6:30-7:15	OPEN SWIM 6:00-6:30	AQUA ZUMBA 6:30-7:15	OPEN SWIM 6:00-8:00							
6:00						OPEN SWIM 7:15-8:00	AQUA BOOT CAMP 7:35-8:20	OPEN SWIM 7:15-8:00	AQUA BOOT CAMP 7:35-8:20	OPEN/LAP SWIM 8:00-9:30		
6:30	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							
7:00						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		
7:30	WATER FITNESS 6:30-7:15	AQUA ZUMBA 6:30-7:15	OPEN SWIM 6:00-6:30	AQUA ZUMBA 6:30-7:15	OPEN SWIM 6:00-8:00							
8:00						OPEN SWIM 7:15-8:00	AQUA BOOT CAMP 7:35-8:20	OPEN SWIM 7:15-8:00	AQUA BOOT CAMP 7:35-8:20	OPEN/LAP SWIM 8:00-9:30		
8:30	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							
9:00						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		

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.

Please be advised: children under the age of 18 must exit the pool for 10 minutes before every hour.