

DAVIS LAP POOL FALL 2018

September 17 - December 1

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

Pool is closed during swim 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. Children under 8 require supervision. Children 5 and under require adult accompaniment in the water.

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