

DAVIS LAP POOL WINTER 2019

January 7 - March 31

	MON	TUE	WED	THU	FRI	SAT	SUN
5:00	OPEN/LAP SWIM		OPEN/LAP SWIM				
5:30	5:00-6:00		5:00-6:00				
6:00	H2O INTERVAL		H2O INTERVAL				
6:30	6:00-6:45	OPEN/LAP SWIM	6:00-6:45	OPEN/LAP SWIM	OPEN/LAP SWIM		
7:00		5:00-9:00		5:00-9:00	5:00-9:00	OPEN/LAP SWIM	
7:30	OPEN/LAP SWIM		OPEN/LAP SWIM			7:00-9:00	
8:00	6:45-9:00		6:45-9:00				
8:30							
9:00	WATER FITNESS CHALLENGE	WATER FITNESS	WATER FITNESS CHALLENGE	WATER FITNESS	WATER FITNESS CHALLENGE	WATER FITNESS	
9:30	9:00-9:45	9:00-9:45	9:00-9:45	9:00-9:45	9:00-9:45	9:00-9:45	
10:00	MS/ARTHRITIS PLUS	OPEN SWIM	MS/ARTHRITIS PLUS	OPEN SWIM	MS/ARTHRITIS PLUS	CLOSED FOR SWIM LESSONS	
	9:50-10:35	9:45-10:30	9:50-10:35	9:45-10:30	9:50-10:35	9:50-11:30	
10:30	WATER FITNESS	AOA WATER FITNESS	WATER FITNESS	AOA WATER FITNESS	WATER FITNESS		
	10:40-11:25	10:40-11:25	10:40-11:25	10:40-11:25	10:40-11:25		
11:00							
11:30		OPEN/LAP SWIM	SWIM LESSONS/ LAP SWIM	OPEN/LAP SWIM			
12:00	OPEN/LAP SWIM	11:30-1:00	11:30-1:00	11:30-1:00	OPEN/LAP SWIM		
12:30	11:30-2:00				11:30-2:00		
1:00		SILVER SNEAKERS SPLASH	OPEN/LAP SWIM	SILVER SNEAKERS SPLASH		OPEN SWIM	OPEN/LAP SWIM
1:30		1:00-1:45	1:00-2:00	1:00-1:45		11:30-6:00	12:30-2:00
2:00	ACTIVE OLDER ADULTS WATER FITNESS	CLOSED FOR SWIM LESSONS	ACTIVE OLDER ADULTS WATER FITNESS		ACTIVE OLDER ADULTS WATER FITNESS		
2:30	2:00-2:45	1:45-3:00	2:00-2:45	OPEN SWIM	2:00-2:45		
3:00				1:45-5:00			
3:30	OPEN SWIM	OPEN SWIM	OPEN SWIM		OPEN SWIM		
4:00	2:45-5:00	3:00-5:00	2:45-5:00		2:45-5:00		
4:30							OPEN SWIM
5:00	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM		
5:30	5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00		
6:00		CLOSED FOR SWIM LESSONS	OPEN SWIM	CLOSED FOR SWIM LESSONS			
6:30	OPEN SWIM	6:00-7:30	6:00-6:30	6:00-7:30	OPEN SWIM	OPEN/LAP SWIM	
	6:00-8:00		6:30-7:30		6:00-8:00	6:00-8:00	OPEN/LAP SWIM
7:00			OPEN SWIM				6:00-8:00
7:30		AQUA BOOT CAMP	7:30-8:00	AQUA BOOT CAMP			
8:00		7:35-8:20		7:35-8:20			
8:30	OPEN/LAP SWIM	OPEN/LAP SWIM	OPEN/LAP SWIM	OPEN/LAP SWIM	OPEN/LAP SWIM		
	8:00-9:30	8:20-9:30	8:00-9:30	8:20-9:30	8:00-9:30		
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.