



# GET FIT DAVIS SPORT

## Pool Schedule

1809 Picasso Ave.  
Davis, CA 95618  
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| Lap Pool Schedule |                          |                          |                          |                          |                          |                           |                      |
|-------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|---------------------------|----------------------|
| Time              | Monday                   | Tuesday                  | Wednesday                | Thursday                 | Friday                   | Saturday                  | Sunday               |
| 6:00am            | Masters<br>5:45-6:45am   |                          | Masters<br>5:45-6:45am   |                          | Masters<br>5:45-6:45am   |                           |                      |
| 8:00am            | Masters<br>8-9am         | Masters<br>8:45-9:45am   | Masters<br>8-9am         | Masters<br>8:45-9:45am   | Masters<br>8-9am         | Masters<br>9-10am         | Masters<br>9-10:30am |
| 10:00am           | Dynamic Deep<br>10-11am* | Dynamic Deep<br>10-11am* | Dynamic Deep<br>10-11am* | Dynamic Deep<br>10-11am* | Dynamic Deep<br>10-11am* | Making Waves<br>10-11am** |                      |
| Noon              | Masters<br>Noon-1pm      |                          | Masters<br>Noon-1pm      |                          | Masters<br>Noon-1pm      |                           |                      |
| 4:00pm            |                          |                          |                          |                          |                          |                           |                      |
| 6:00pm            | Masters<br>6-7pm         |                          | Masters<br>6-7pm         |                          | Masters<br>6-7pm         |                           |                      |

Swimmers are expected to share lanes during peak hours. Swim school will use shallow end as needed. Masters may use all lanes. Masters swimmers must register with U.S. Masters Swimming. All swimmers during Masters must follow posted workout. Aqua Monsters and triTRAINED will use all lanes during their workouts.

\* = 2 Lanes Open \*\* = 4 Lanes Open \*\*\* = 5 Lanes Open

| Functional Training Pool & GFD Sport Swim School |                                    |                           |                           |                           |                                    |                           |                               |
|--|------------------------------------|---------------------------|---------------------------|---------------------------|------------------------------------|---------------------------|-------------------------------|
| Time   | Monday                             | Tuesday                   | Wednesday                 | Thursday                  | Friday                             | Saturday                  | Sunday                        |
| 8:00am   | Early Morning Aqua<br>Lynn         | Dance Cardio<br>Sarah     | Early Morning Aqua<br>Liz | Dance Cardio<br>Sarah     | Early Morning Aqua<br>Lynn         |                           |                               |
| 9:00am   | Making Waves<br>Daphna             | Making Waves<br>Liz       | Making Waves<br>Liz       | Making Waves<br>Liz       | Making Waves<br>Liz                | Adult School<br>9:15-10am |                               |
| 10:00am  | Dynamic Deep<br>Daphna             | Dynamic Deep<br>Liz       | Dynamic Deep<br>Daphna    | Dynamic Deep<br>Liz       |                                    | Making Waves<br>Leslie    |                               |
| 11:00am  | Stretch, Flex<br>& Balance<br>Lynn | CLOSED FOR<br>CLEANING    | Water in Motion<br>Daphna | CLOSED FOR<br>CLEANING    | Stretch, Flex<br>& Balance<br>Lynn | 10-11am**<br>Both Pools   |                               |
| Noon   | Aqua Power<br>Liz                  | 11am - Noon               | Aqua Power<br>Liz         | 11am - Noon               | Aqua Pilates<br>Liz                |                           | Family Swim<br>12-4pm         |
| 1pm  | GFD Sport<br>Swim School           | GFD Sport<br>Swim School  | GFD Sport<br>Swim School  | GFD Sport<br>Swim School  | GFD Sport<br>Swim School           | Family Swim<br>1-5pm      | Aqua Blast<br>4-5pm<br>Leslie |
| 5:30pm   |                                    | Adult School<br>5:30-6pm  |                           | Adult School<br>5:30-6pm  |                                    |                           |                               |
| 7pm  | Aqua Cardio<br>Lynn                | Rebound & Suspend<br>Lynn |                           | Rebound & Suspend<br>Lynn |                                    |                           |                               |

\* indicates that the class is held in the lap pool

Members can still use the pool during Swim School hours but Swim School has priority

Members are not able to use the Functional Training Pool while a class is in session.

