



GET FIT DAVIS SPORT

Pool Schedule

1809 Picasso Ave.
Davis, CA 95618
Phone: 530.753.5282
www.GFDSport.com



Lap Pool Schedule							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Masters 5:45-6:45am		Masters 5:45-6:45am		Masters 5:45-6:45am		
8:00am	Masters 8-9am	Masters 8:15-9:15am	Masters 8-9am	Masters 8:15-9:15am	Masters 8-9am	Masters 9-10am	Masters 9-10:30am
10:00am	Dynamic Deep 10-11am*	Dynamic Deep 10-11am*	Dynamic Deep 10-11am*	Dynamic Deep 10-11am*	Dynamic Deep 10-11am*	Making Waves 10-11am**	
Noon	Masters Noon-1pm	Masters Noon-1pm	Masters Noon-1pm	Masters Noon-1pm	Masters Noon-1pm		
4:00pm	CLOSED FOR CLEANING 1pm - 2pm		CLOSED FOR CLEANING 1pm - 2pm		CLOSED FOR CLEANING 1pm - 2pm		
	Aqua monsters 3:15pm-5:15pm	Aqua monsters 3:15pm-5:15pm	Aqua monsters 3:15pm-5:15pm	Aqua monsters 3:15pm-5:15pm			
6:00pm	Masters 6-7pm	Tri-Train 5:30pm-6:30pm	Masters 6-7pm	Extreme Aqua Daphna/Liz 5-6pm**	Masters 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 Lynn 8-9am	Dance Cardio Sarah 8-9am	Early Morning Aqua Liz 8-9am	Dance Cardio Sarah 8-9am	Early Morning Aqua Lynn 8-9am		
9:00am	Making Waves Daphna 9-10am	Making Waves Liz 9-10am	Making Waves Liz 9-10am	Making Waves Liz 9-10am	Making Waves Liz C. 9-10am	Adult School 9:15-10am	
10:00am	Dynamic Deep Daphna 10-11am*	Dynamic Deep Liz 10-11am*	Dynamic Deep Daphna 10-11am*	Dynamic Deep Liz 10-11am*	Dynamic Deep Daphna 10-11am*	Making Waves Leslie 10-11am**	
11:00am	Stretch, Flex & Balance Lynn 11am-Noon	CLOSED FOR CLEANING 11am - Noon	Water in Motion Daphna 11am-Noon	CLOSED FOR CLEANING 11am - Noon	Stretch, Flex & Balance Lynn 11am-Noon		
Noon	Aqua Power Liz Noon-1pm		Aqua Power Liz Noon-1pm		Aqua Pilates Liz C. Noon-1pm		Family Swim 12-4pm
1pm	GFD Sport Swim School 2:30-6pm	GFD Sport Swim School 2:30-5:30pm	GFD Sport Swim School 2:30-6pm	GFD Sport Swim School 2:30-5:30pm	GFD Sport Swim School 2:30-6pm	Family Swim 1-5pm	Aqua Blast 4-5pm Leslie
5:30pm		Adult School 5:30-6pm		Adult School 5:30-6pm			
7pm		Rebound & Suspend Lynn 6-7pm		Rebound & Suspend Lynn 6-7pm			

* 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.

