



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 8:45-9:45am	Masters 8-9am	Masters 8:45-9:45am	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							
6:00pm	Masters 6-7pm	triTRAINED 5:30-6:30pm	Masters 6-7pm	Rebound & Suspend 6-7pm**	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 Darts 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 Kitty Jo	Aqua Zumba Brenda	Early Morning Aqua Liz	Aqua Zumba Brenda	Early Morning Aqua Lynn		
9:00am	Making Waves Daphna	Making Waves Liz	Making Waves Liz	Making Waves Liz	Making Waves Liz C.	Adult School 9:15-10am	
10:00am	Dynamic Deep Daphna	Dynamic Deep Liz	Dynamic Deep Daphna	Dynamic Deep Liz	Dynamic Deep Kitty Jo	Making Waves Leslie	
11:00am	Stretch, Flex & Balance Kitty Jo		Water in Motion Daphna		Stretch, Flex & Balance Kitty Jo	10-11am** Both Pools	
Noon	11am-Noon Aqua Power Liz		11am-Noon Aqua Power Liz		11am-Noon Aqua Pilates Liz C.		Family Swim 12-4pm
1pm	Noon-1pm		Noon-1pm		Noon-1pm	Family Swim 1-5pm	Aqua Blast 4-5pm Leslie
5:30pm	GFD Sport Swim School 2:30-5:30pm	GFD Sport Swim School 2:30-5:30pm Adult School 5:30-6pm	GFD Sport Swim School 2:30-5:30pm	GFD Sport Swim School 2:30-5:30pm Adult School 5:30-6pm	GFD Sport Swim School 2:30-5:30pm		
7pm	Aqua Zumba Brenda	Rebound & Suspend Leslie	Cardio & Tone Kitty Jo	Rebound & Suspend Lynn	Aqua Zumba Brenda		

* 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.