



# 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	<b>Masters</b> 5:45-6:45am		<b>Masters</b> 5:45-6:45am		<b>Masters</b> 5:45-6:45am		
8:00am	<b>Masters</b> 8-9am	<b>Masters</b> 8:45-9:45am	<b>Masters</b> 8-9am	<b>Masters</b> 8:45-9:45am	<b>Masters</b> 8-9am		
10:00am	<b>Dynamic Deep</b> 10-11am*	<b>Dynamic Deep</b> 10-11am*	<b>Dynamic Deep</b> 10-11am*	<b>Dynamic Deep</b> 10-11am*	<b>Dynamic Deep</b> 10-11am*	<b>Making Waves</b> 10-11am**	<b>Masters</b> 9-10:30am
Noon	<b>Masters</b> Noon-1pm		<b>Masters</b> Noon-1pm		<b>Masters</b> Noon-1pm		
4:00pm	<b>Aqua monsters</b> 4pm-5:30pm			<b>Aqua monsters</b> 4pm-5:30pm	<b>Aqua monsters</b> 4pm-5:30pm		
6:00pm	<b>Masters</b> 6-7pm		<b>Masters</b> 6-7pm		<b>Masters</b> 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	<b>Early Morning Aqua</b> Lynn	<b>Dance Cardio</b> Sarah	<b>Early Morning Aqua</b> Liz	<b>Dance Cardio</b> Sarah	<b>Early Morning Aqua</b> Lynn		
9:00am	<b>8-9am</b>	<b>8-9am</b>	<b>8-9am</b>	<b>8-9am</b>	<b>8-9am</b>	<b>Adult School</b> 9:15-10am	
10:00am	<b>Making Waves</b> Daphna	<b>Making Waves</b> Liz	<b>Making Waves</b> Liz	<b>Making Waves</b> Liz	<b>Making Waves</b> Liz	<b>Making Waves</b> Leslie	
11:00am	<b>9-10am</b>	<b>9-10am</b>	<b>9-10am</b>	<b>9-10am</b>	<b>9-10am</b>	<b>10-11am**</b> Both Pools	
11:00am	<b>Dynamic Deep</b> Daphna	<b>Dynamic Deep</b> Liz	<b>Dynamic Deep</b> Daphna	<b>Dynamic Deep</b> Liz			
10-11am*	<b>10-11am*</b>	<b>10-11am*</b>	<b>10-11am*</b>	<b>10-11am*</b>			
Noon	<b>Stretch, Flex &amp; Balance</b> Lynn	<b>CLOSED FOR CLEANING</b> 11am - Noon	<b>Water in Motion</b> Daphna	<b>CLOSED FOR CLEANING</b> 11am - Noon	<b>Stretch, Flex &amp; Balance</b> Lynn		
11am-Noon	<b>11am-Noon</b>		<b>11am-Noon</b>		<b>11am-Noon</b>		
1pm	<b>Aqua Power</b> Liz		<b>Aqua Power</b> Liz		<b>Aqua Pilates</b> Liz	<b>Family Swim</b> 1-5pm	<b>Family Swim</b> 12-4pm
Noon-1pm	<b>Noon-1pm</b>		<b>Noon-1pm</b>		<b>Noon-1pm</b>		<b>Aqua Blast</b> 4-5pm Leslie
5:30pm	<b>GFD Sport Swim School</b> 2:30-6pm	<b>GFD Sport Swim School</b> 2:30-5:30pm	<b>GFD Sport Swim School</b> 2:30-6pm	<b>GFD Sport Swim School</b> 2:30-5:30pm	<b>GFD Sport Swim School</b> 2:30-6pm		
		<b>Adult School</b> 5:30-6pm		<b>Adult School</b> 5:30-6pm			
7pm	<b>Aqua Cardio</b> Lynn	<b>Rebound &amp; Suspend</b> Lynn		<b>Rebound &amp; Suspend</b> Lynn			
6-7pm	<b>6-7pm</b>	<b>6-7pm</b>		<b>6-7pm</b>			

\* 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.**

