

# DAVIS LAP POOL

## Winter 1

Effective: January 2nd-February 13th

|       | MON  | TUE  | WED  | THU  | FRI  | SAT   | SUN                                 |          |                             |          |
|-------|--|--|--|--|--|---|-------------------------------------|----------|-----------------------------|----------|
| 5:00  | LAP SWIM & INDIVIDUAL EXERCISE<br>5:15 am - 9:00 am  | LAP SWIM & INDIVIDUAL EXERCISE<br>5:15 am - 9:00 am  | LAP SWIM & INDIVIDUAL EXERCISE<br>5:15 am - 9:00 am  | LAP SWIM & INDIVIDUAL EXERCISE<br>5:15 am - 9:00 am  | LAP SWIM & INDIVIDUAL EXERCISE<br>5:15 am - 9:00 am  | LAP SWIM & INDIVIDUAL EXERCISE<br>7:00 am - 9:00 am |                                     |          |                             |          |
| 5:30  |  |  |  |  |  |   |                                     |          |                             |          |
| 6:00  |  |  |  |  |  |   |                                     |          |                             |          |
| 6:30  |  |  |  |  |  |   |                                     |          |                             |          |
| 7:00  |  |  |  |  |  |   |                                     |          |                             |          |
| 7:30  |  |  |  |  |  |   |                                     |          |                             |          |
| 8:00  |  |  |  |  |  |   |                                     |          |                             |          |
| 8:30  |  |  |  |  |  |   |                                     |          |                             |          |
| 9:00  | WATER FITNESS 9:00-9:45 am                           | WATER FITNESS 9:00-9:45 am                           | WATER FITNESS 9:00-9:45 am                           | WATER FITNESS 9:00-9:45 am                           | WATER FITNESS 9:00-9:45 am                           | CLOSED FOR SWIM LESSONS 9:00 am - 12:00 pm          |                                     |          |                             |          |
| 9:30  | LAP LANE   | LAP LANE   | LAP LANE   | LAP LANE   | LAP LANE   |   |                                     |          |                             |          |
| 10:00 | LAP SWIM 10:00-10:40 am                              |  | LAP SWIM 10:00-10:40 am                              |  | LAP SWIM 10:00-10:40 am                              |   |                                     |          |                             |          |
| 10:30 | LAP LANE   |  | LAP LANE   |  | LAP LANE   |   |                                     |          |                             |          |
| 11:00 | WATER FITNESS 10:40-11:30 am                         |  | WATER FITNESS 10:40-11:30 am                         |  | WATER FITNESS 10:40-11:30 am                         |   |                                     |          |                             |          |
| 11:30 |  |  |  |  |  |   |                                     |          |                             |          |
| 12:00 | LAP SWIM & INDIVIDUAL EXERCISE<br>11:30 am - 5:00 pm | LAP SWIM & INDIVIDUAL EXERCISE<br>10:00 am - 5:00 pm | LAP SWIM & INDIVIDUAL EXERCISE<br>11:30 am - 5:00 pm | LAP SWIM & INDIVIDUAL EXERCISE<br>10:00 am - 5:00 pm | LAP SWIM & INDIVIDUAL EXERCISE<br>11:30 am - 5:00 pm | LAP/OPEN SWIM<br>11:00 am - 5:00 pm                 | LAP/OPEN SWIM<br>12:30 pm - 5:00 pm |          |                             |          |
| 12:30 |  |  |  |  |  |   |                                     |          |                             |          |
| 1:00  |  |  |  |  |  |   |                                     |          |                             |          |
| 1:30  |  |  |  |  |  |   |                                     |          |                             |          |
| 2:00  |  |  |  |  |  |   |                                     |          |                             |          |
| 2:30  |  |  |  |  |  |   |                                     |          |                             |          |
| 3:00  |  |  |  |  |  |   |                                     |          |                             |          |
| 3:30  |  |  |  |  |  |   |                                     |          |                             |          |
| 4:00  |  |  |  |  |  |   |                                     |          |                             |          |
| 4:30  |  |  |  |  |  |   |                                     |          |                             |          |
| 5:00  | LAP/OPEN SWIM<br>5:00 pm - 8:00 pm                   | CLOSED FOR SWIM LESSONS 5:00-7:00 pm                 | LAP/OPEN SWIM<br>5:00 pm - 8:00 pm                   | CLOSED FOR SWIM LESSONS 5:00-7:00 pm                 | LAP/OPEN SWIM<br>5:00 pm - 8:00 pm                   |   |                                     |          |                             |          |
| 5:30  |  |  |  |  |  |   |                                     | LAP LANE | LAP LANE                    | LAP LANE |
| 6:00  |  |  |  |  |  |   |                                     |          |                             |          |
| 6:30  |  |  |  |  |  |   |                                     |          |                             |          |
| 7:00  |  |  |  | AQUA BOOT CAMP 7:00-7:45 pm                          |  |   |                                     |          | AQUA BOOT CAMP 7:00-7:45 pm |          |
| 7:30  |  | LAP LANE   |  | LAP LANE   |  |   |                                     |          |                             |          |

**Members must register for a time for a lap lane on our website: [YMCAYo.org/aquatics](http://YMCAYo.org/aquatics)**

**3 Lap Lanes available for reservation during Lap/Open Swims.**

**To maintain proper social distancing only one member can use a lap lane at a time, unless you reside in the same household.**

**Members must wear a mask on the pool deck before entering and after exiting the pool.**

Children: \*10-13 must have a parent in the building

\*6-9 must have adult supervision in the pool and locker rooms

\*0-5 must have adult in water within arm's reach