

# DAVIS LAP POOL

## DECEMBER

Effective: January 2nd-February 13th

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

**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