



FUNCTIONAL TRAINING POOL AQUATICS & DAC SWIM SCHOOL

Pool Temperature 88° - Open Year Round

1809 Picasso Avenue

Davis, California 95618

Ph. (530) 753-5282

Schedule Effective 10/15/09

*Class Held in Lap Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8A-9A Early Morning Aqua	8A-9A Early Morning Aqua	8A-9A Early Morning Aqua	8A-9A Early Morning Aqua	8A-9A Early Morning Aqua	8:30-10:00A DAC Swim School	
9A-10A Aqua Making Waves!	9A-10A Aqua Making Waves!	9A-10A Aqua Making Waves!	9A-10A Aqua Making Waves!	9A-10A Aqua Making Waves!		
		10A-11A Dac Swm Sch				
*10A-11A Dynamic Deep	*10A-11A Dynamic Deep	*10A-11A Dynamic Deep		*10A-11A Dynamic Deep	10:30A-11:30A*	
11A-12P Aqua Stretch, Flex & Balance		11A-12P Aqua Stretch, Flex & Balance		11A-12P Aqua Stretch, Flex & Balance		
12P-1P Aqua Aqua Power		12P-1P Aqua Aqua Power		12P-1P Aqua Aqua Power		
	3:30-6:00P DAC Swim School		3:30-6:00P DAC Swim School			2P-4P Family Hours
		2P-4P Family Hours				
				3:30P-5:00P DAC Swim School	3:00-5:00P Family Hours	
5:30-6:30P Cardio & Tone		5:30-6:30P Cardio & Tone		5:30-6:30P Cardio & Tone		*4-5P Aqua Dynamic Deep Lap Pool
	6P-7P Aqua Rebound & Suspend		6P-7P Aqua Rebound & Suspend			
	7P-8P DAC Swim Sch		7P-8P DAC Swim Sch			

The Functional Training Pool is for water exercise. Children are not permitted except for DAC Swim School and Family Hours. DAC Programs have precedence over other activities. Open times may be adjusted for DAC Swim School. DAC members are welcome to share the pool while lessons are in progress providing there is space in the pool. * indicates that class is held in the lap pool.