



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 08/30/2010

*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		
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 Dynamic Deep	*10A-11A Dynamic Deep	*10A-11A Dynamic Deep	*10A-11A Dynamic Deep	*10A-11A Dynamic Deep	10:30A-11:30A* Making Waves!	
11:00A-12:00P Stretch, Flex & Balance		11:00A-12:00P Stretch, Flex & Balance		11:00A-12:00P Stretch, Flex & Balance		
12:00-1:00P Aqua Power		12:00-1:00P Aqua Power		12:00-1:00P Aqua Power		
		2P-4P Family Hours				2P-4P Family Hours
					3:00-5:00P Family Hours	
						*4-5P Aqua Dynamic Deep Lap Pool
5:30-6:30P Cardio & Tone		5:30-6:30P Cardio & Tone		5:30-6:30P Cardio & Tone		
	6P-7P Aqua Rebound & Suspend		6P-7P Aqua Rebound & Suspend			

The Functional Training Pool is for water exercise. Children are not permitted except for Family Hours or taking a lesson from DAC Swim School. 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, please check with instructors. * indicates that class is held in the lap pool.