



LAP POOL SCHEDULE

Effective Aug 30th 2010

Ph: (530)753-5282

Subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45A-6:45A Masters		5:45A-6:45A Masters		5:45A-6:45A Masters		
8:00A-9:00A Masters	8:45A-9:45A Masters	8:45A-9:45A Masters	8:45A-9:45A Masters	8:00A-9:00A Masters		
					9:00A-10:00A Masters	9:00A-10:00A Masters
10:00A-11:00A Aqua Aerobics	10:00A-11:00A Aqua Aerobics	10:00A-11:00A Aqua Aerobics	10:00A-11:00A Aqua Aerobics	10:00A-11:00A Aqua Aerobics		
					10:30A-:30A Aqua Aerobics	
12:00P-1:00P Masters	12:00P-1:00P Masters	12:00P-1:00P Masters	12:00P-1:00P Masters	12:00P-1:00P Masters		
						4-5P Aqua Aerobics
4:00P-5:30P Aquadarts	4:00P-5:30P Aquadarts	4:00P-5:30P Aquadarts	4:00P-5:30P Aquadarts	4:00P-5:30P Aquadarts		
6:00P-7:00P Masters	6P-7P Aqua Aerobics	6:00P-7:00P Masters	6P-7P Aqua Aerobics	6:00P-7:00P Masters		
10:30P Pool Closed	10:30P Pool Closed	10:30P Pool Closed	10:30P Pool Closed	10:30P Pool Closed	8:30P Pool Closed	8:30P Pool Closed

Lane Availability: Lane sharing is observed at DAC.

Aqua Aerobics may use up to 3 lanes leaving 3 open. Sat & Sun Aqua will also use the shallow area.

Aquadarts will use 2 lanes leaving 4 lanes open.

Masters may use all lanes, ask coach if lane available.

Shallow area open for family swim except for Sat and Sun Aqua.