# Davis FAMILY YMCA
# LAP POOL SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|
| *6:00am—12:00pm* | *6:00am—12:00pm* | *6:00am—12:00pm* | *6:00am—12:00pm* | *6:00am—12:00pm* | *8am—1pm* |
| *Pool Closed: 12:00pm—3:00pm* | *Pool Closed: 12:00pm—3:00pm* | *Pool Closed: 12:00pm—3:00pm* | *Pool Closed: 12:00pm—3:00pm* | *Pool Closed: 12:00pm—3:00pm* | |
| *3:00pm—6:00pm* | *3:00pm—6:00pm* | *3:00pm—6:00pm* | *3:00pm—6:00pm* | *3:00pm—6:00pm* | |
| *POOL OPENS* | *POOL OPENS* | *POOL OPENS* | *POOL OPENS* | *POOL OPENS* | *POOL OPENS* |
| *6:00AM* | *6:00AM* | *6:00AM* | *6:00AM* | *6:00AM* | |
| `Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim |
| 6:00am—10:00am | 6:00am-10:00am | 6:00am—10:00am | 6:00am-10:00am | 6:00am-10:00am | 6:00am-10:00am |
| | | | | | Swim Lessons 9:00am—12:30pm Lanes 1 & 2 |
| Aqua Fit | Aqua Fit | Aqua Fit | Aqua Fit | Aqua Fit | |
| 10:00AM-11:00AM All Lanes | 10:00AM-11:00AM All Lanes | 10:00AM-11:00AM All Lanes | 10:00AM-11:00AM All Lanes | 10:00AM-11:00AM All Lanes | Lap Swim |
| Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | 10:00am –12:30pm |
| 11:00am—12:00pm | 11:00am—12:00pm | 11:00am—12:00pm | 11:00am—12:00pm | 11:00am -12:00pm | Lanes 3 - 5 |
| *POOL CLOSED* | *POOL CLOSED* | *POOL CLOSED* | *POOL CLOSED* | *POOL CLOSED* | *POOL CLOSED* |
| *12:00 PM— 3:00PM* | *12:00 PM— 3:00PM* | *12:00 PM— 3:00PM* | *12:00 PM— 3:00PM* | *12:00 PM— 3:00PM* | *12:30 PM* |
| Swim Lessons 3:30pm—6:00 pm Lanes 1 & 2 | Swim Lessons 3:30pm—6:00 pm Lanes 1 & 2 | Swim Lessons 3:30pm—6:00 pm Lanes 1 & 2 | Swim Lessons 3:30pm—6:00 pm Lanes 1 & 2 | Swim Lessons 3:30pm—6:00 pm Lanes 1 & 2 | |
| Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | |
| 3:00pm—6:00pm | 3:00pm—6:00pm | 3:00pm—6:00pm | 3:00pm—6:00pm | 3:00pm—6:00pm | **SUNDAY Closed** |
| Lanes 3-5 | Lanes 3-5 | Lanes 3-5 | Lanes 3-5 | Lanes 3-5 | |
| *POOL CLOSED* | *POOL CLOSED* | *POOL CLOSED* | *POOL CLOSED* | *POOL CLOSED* | |
| *6:00pm* | *6:00pm* | *6:00pm* | *6:00pm* | *6:00pm* | |

## Know Before You Go: Lap Pool Guidelines

- Swimmers are encouraged to share lanes during busy times. Please be prepared to circle swim, with up to four swimmers per lane.
- Water Group Exercise classes begin 10 minutes prior to the scheduled class time to allow lifeguards to adjust lane lines and staff to prepare the space.
- During Family Swim, a 1:1 adult-to-child ratio is required at all times.
- Children must either pass a swim test or wear a life jacket and remain within arm's reach of the supervising adult.
- Children under 6 years old must have a parent or guardian in the water with them at all times.
- Waterproof swim diapers are required for any child who is not yet potty trained.
- Sign up for our text alerts to receive updates on closures, and schedule changes

*Lap pool lane schedules and availability are subject to change at any time.*

### Hours of Operation:

**Monday:**
6:00am—12:00pm
3:00pm— 6:00pm

**Tuesday:**
6:00am—12:00pm
3:00pm—6:00p

**Wednesday:**
6:00am—12:00pm
3:00pm— 6:00pm

**Thursday:**
6:00am—12:00pm
3:00pm— 6:00pm

**Friday:**
6:00am—12:00pm
3:00pm— 6:00pm

**Saturday:**
8:00am—12:30pm

**Sunday:** Closed