

**Vacaville Gold's Gym**

201 Main St.  
 Vacaville, CA 95688  
 (707) 447-4653

**Winter Water Exercise Schedule  
 January, February & March 2016**

**Gold's Gym Hours**

Mon-Thursday: 4am to 11pm  
 Friday: 4am to 9pm  
 Sat & Sun: 6am to 7pm

<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<b>9:00-10:00 am</b>	8:45-9:45 Water Works (Cindy)	9:00-10:00 Gentle H2O (Shellie)	8:45-9:45 Water Works (Dawn)	9:00-10:00 Gentle H2O (Shellie)	8:45-9:45 Water Works (Cindy)	<b>9:30-10:30</b> Water Works (Ashley)	
<b>11:30-12:30 pm</b> <b>12:30-1:30</b>	Arthritis Water Workout 12:30-1:15 pm FREE	<u>Closed for Water Therapy</u> 1130-12:30	1 - 2 Lanes reserved for Arthritis Water Workout 12:30- 1:15pm	<u>Closed for Water Therapy</u> 11:30-12:30	Arthritis Water Workout 12:30-1:15 pm FREE	<p align="center"><u>Kids Klub Hours</u>                      M-F: 8:00am-7:30pm                      Sa/Su: 8:30am-12:30pm</p> <hr/> <p align="center">Please check the Lap Swim Schedule                      for lane availability</p>	
<b>Afternoons</b>	Lessons & Swim Teams	Lessons & Swim Teams	Lessons & Swim Teams	Lessons & Swim Teams			
<b>6:30-7:30 pm</b>		Water Works (Susan)		Water Works (Hannah)			

**Group swimming lessons for Adults & Children are available year round.**

The pool is available for open swim or lap swimming EXCEPT DURING WATER AEROBIC CLASSES, WATER THERAPY and some SWIM TEAM SESSIONS. PLEASE CHECK THE LAP SWIM SCHEDULE FOR AVAILABLE TIMES. Children swimming for fun should use the family lane. Children must be supervised at all times.

For your safety and the respect and safety of others, please follow all posted pool rules.

Schedule & Instructors may change at any time.