

OLSON POOL SCHEDULE

updated October 1, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00a	Y OPENS @ 5:00a						
	OLSON POOL OPENS @ 5:30a						
6:00a	5:45 - 6:30a AQUACISE	OPEN SWIM	5:45 - 6:30a AQUACISE	OPEN SWIM	5:45 - 6:30a AQUACISE	Y OPENS @ 6:00a	
7:00a	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	POOL OPENS @ 6:30a	
8:00a	7:45 - 8:30a AQUACISE	7:45 - 8:30a AQUACISE	7:45 - 8:30a AQUACISE	7:45 - 8:30a AQUACISE	7:45 - 8:30a AQUACISE	7:00 - 8:30a ADULT LAP SWIM ONLY	
9:00a	8:30 - 9:30a HYDRO POWER	8:45 - 9:30a AQUA ZUMBA	8:30 - 9:30a HYDRO POWER	8:45 - 9:30a AQUA ZUMBA	8:30 - 9:30a HYDRO POWER		
10:00a	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM		Y OPENS @ 10:00a
11:00a	10:20 - 11:45a Swim Lessons & OPEN SWIM	10:20 - 11:45a Swim Lessons & OPEN SWIM	10:20 - 11:45a Swim Lessons & OPEN SWIM	10:20 - 11:45a Swim Lessons & OPEN SWIM	OPEN SWIM		POOL OPENS @ 10:30a
NOON	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM		10:30a - 12:00p ADULT LAP SWIM ONLY
1:00p	12:15 - 1:15p ADULT LAP SWIM ONLY						
2:00p	ADULT LAP SWIM	ADULT LAP SWIM	1:15 - 3:30p SPECIALTY SWIM	ADULT LAP SWIM	ADULT LAP SWIM		
3:00p	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM		
4:00p	4:00 - 6:30p Swim Lessons & Swim Team (NO Adult Lap Swim)						
5:00p					4:00 - 5:30p SWIM TEAM (NO Adult Lap Swim)		
6:00p					* OPEN SWIM		
7:00p	* OPEN SWIM	* OPEN SWIM	* OPEN SWIM	* OPEN SWIM	ADULT LAP SWIM		
8:00p					ADULT LAP SWIM		
9:00p	OLSON POOL CLOSSES AT 8:30p						
	Y CLOSSES AT 9:30p						

FREE CHILDWATCH

while parent/guardian attends class

Ages: 6 weeks - 3rd grade

Monday - Friday

8:20 - 10:20a

Monday - Thursday

5:00 - 7:00p

Adult Lap Swim available throughout the day, except when noted

* For the safety of swimmers, there will be a 5-minute Safety Break at the top of each hour during evening and weekend OPEN SWIM time

ADULT CLASS DESCRIPTIONS:

Aquacise: A moderate aerobic workout in shallow water

Aqua Zumba: Zumba dance and aqua fitness together in a challenging, water-based workout that includes cardio conditioning & body toning.

Hydro Power: A deep water class that raises the heart rate and works all major muscle groups.

Therapy Swim: An open time to walk, stretch and socialize in our Instructional Pool.

Specialty Swim: This is an opportunity for area special needs students to swim at the Y with the school.

INSTRUCTIONAL POOL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30a	8:30 - 10:00a OPEN THERAPY SWIM				
10:00a	10:20 - 11:45a SWIM LESSONS				
4:00p	4:00 - 5:30p SWIM LESSONS	4:00 - 6:10p SWIM LESSONS	4:00 - 5:30p SWIM LESSONS	4:00 - 6:10p SWIM LESSONS	
	5:45 - 6:30p AQUA ZUMBA		5:45 - 6:30p AQUA ZUMBA		

SEE SCHEDULE UPDATES AT WWW.SPENCERYMCA.ORG | NOTICES POSTED ON

