

OLSON POOL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
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	POOL OPENS @ 6:30a		
7:00a	LAP SWIM					LAP SWIM ONLY 6:30 - 8:30		
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			
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			
	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		
11:30a	11:30-1:00p LAP SWIM ONLY						Lap Swim	
1:00p	OPEN SWIM	OPEN SWIM	1:00 - 2:30p SPECIALTY SWIM	OPEN SWIM	OPEN SWIM		POOL OPENS @ 1:00p	
4:00p							OPEN SWIM	
5:00p	4:00 - 7:45p Swimming Lessons & Swim Team	4:00 - 7:45p Swimming Lessons & Swim Team	4:00 - 7:30 Swimming Lessons & Swim Team	4:00 - 7:45p Swimming Lessons & Swim Team				
6:00p								
7:00p	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM				
	OLSON POOL CLOSSES AT 8:30p					POOL CLOSURES @ 5:30p	POOL CLOSURES @ 5:00p	

AQUA CLASSES

LISTED IN ORDER OF DIFFICULT-LOW IMPACT TO ADVANCE

Water Walking: This is a very basic, low-impact, light intensity workout using the natural resistance of the water to strengthen the core, increase balance, coordination & flexibility.

Aqua Joints: This class offers both the traditional range of motion exercises along with an additional cardiovascular segment.

Aquacise: A moderate aerobic workout in shallow water

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

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

THERAPY POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 - 8:30a WATER WALKING	8:00 - 8:30a AQUA JOINTS	8:00 - 8:30a WATER WALKING	8:00 - 8:30a AQUA JOINTS			
8:30 - 10:00a Adult Therapy Swim						
4:00 - 5:30p SWIM LESSONS	4:00 - 6:10p SWIM LESSONS	4:00 - 5:30p SWIM LESSONS	4:00 - 6:10p SWIM LESSONS		10:00 - 10:30a WATER BABIES	
5:45 - 6:30p AQUACISE		5:45 - 6:30p AQUACISE			10:30 - 12:00p OPEN Swim	2:30 - 3:30p OPEN Swim

FREE CHILDWATCH

while parent/guardian uses the facility

Ages: 6 weeks - 3rd grade

MONDAY & THURSDAY

8:30 - 10:00a

MONDAY - THURSDAY

4:30 - 7:00p

SATURDAY

8:00a - 12:00p