

# OLSON POOL SCHEDULE

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

## 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						
					10:00 - 10:30a WATER BABIES	
4:00 - 6:10p SWIM LESSONS	4:00 - 6:10p SWIM LESSONS	4:00 - 6:10p SWIM LESSONS	4:00 - 6:10p SWIM LESSONS		10:30 - 12:00p OPEN Swim	12:00 - 1:00p OPEN Swim

### FREE CHILDCATCH

while parent/guardian uses the facility

Ages: 6 weeks - 3rd grade

MONDAY - FRIDAY

8:20 - 10:00a

MONDAY - THURSDAY

4:30 - 7:00p

SATURDAY

7:45a - 12:00p