

OLSON POOL SCHEDULE OCTOBER 4 - NOVEMBER 14

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a	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					OPEN SWIM	6:30 - 8:30a LAP SWIM ONLY	
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		
10:00a	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
11:00a							POOL OPENS @ 1:00p
NOON	12:00 - 1:00p LAP SWIM ONLY						
1:00p			1:00 - 2:00p Specialty Swim		1:00 - 2:00p Specialty Swim		
2:00p	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		OPEN SWIM
3:00p							
4:00p	4:45 - 6:30 Swim Lessons & Swim Team				4:00 - 5:30p SWIM TEAM ONLY	POOL CLOSSES @ 5:00p	
5:00p							
6:30p		6:30 - 7:15p SKILL & DRILL		6:30 - 7:15p SKILL & DRILL			
7:00p	OPEN SWIM		OPEN SWIM		POOL CLOSSES @ 5:30p		
	OLSON POOL CLOSSES @ 8:30p						

WATER BASED CLASSES

Aquacise - A moderate aerobic workout in shallow water that includes a strength training segment.

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

Aqua Joints - This class offers traditional range of motion exercises at a slower pace.

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

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 and flexibility.

Aqua Combo - This class uses water resistance for a total body workout focusing on cardio and strength exercises to help with the overall well-being. It is not necessary to know how to swim for this class.

THERAPY POOL SCHEDULE SEPTEMBER 9 - NOVEMBER 14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 - 10:00 ADULT THERAPY SWIM/CHILDCARE (T/TH 9:30-10:00)				
4:00 - 5:30p SWIM LESSONS	4:00 - 6:10p SWIM LESSONS	4:00 - 5:30p SWIM LESSONS	4:00 - 6:10p SWIM LESSONS	
	6:30 - 7:15p AQUA COMBO		6:30 - 7:15p AQUA COMBO	

FREE CHILDCARE

while parent/guardian uses the facility

Ages: 6 weeks - 3rd grade

MONDAY - FRIDAY

8:20 - 10:00a

MONDAY - THURSDAY

4:30 - 6:30p

SATURDAY

8:00a - 12:00p