

# OLSON POOL SCHEDULE JANUARY 10 - FEBRUARY 20

|        | 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<br>AQUACISE       | POOL OPENS @ 8:00a    |  |          |
| 7:00a  | 7:45 - 8:30a<br>AQUACISE             | 7:45 - 8:30a<br>AQUACISE   | 7:45 - 8:30a<br>AQUACISE   | 7:45 - 8:30a<br>AQUACISE   | 7:45 - 8:30a<br>AQUACISE       |                       | OPEN SWIM  |          |
| 8:00a  |                                      |                            |  |  |                                |                       | LAP SWIM   | LAP SWIM |
| 8:30a  | 8:30 - 9:30a<br>HYDRO POWER          | 8:45 - 9:30a<br>AQUA ZUMBA | 8:30 - 9:30a<br>HYDRO POWER  | 8:45 - 9:30a<br>AQUA ZUMBA   | 8:30 - 9:30a<br>HYDRO POWER    | POOL OPENS @ 1:00p    |  |          |
| 9:00a  | OPEN SWIM                            | OPEN SWIM                  | OPEN SWIM  | OPEN SWIM  | OPEN SWIM                      |                       | LAP SWIM   |          |
| 10:00a | OPEN SWIM                            | OPEN SWIM                  | OPEN SWIM  | OPEN SWIM  | OPEN SWIM                      |                       | OPEN SWIM  |          |
| 11:00a | 12:00 - 1:00p LAP SWIM ONLY          |                            |  |  |                                |                       |  |          |
| NOON   | 12:00 - 1:00p LAP SWIM ONLY          |                            |  |  |                                |                       |  |          |
| 1:00p  | OPEN SWIM                            | OPEN SWIM                  | 1:00 - 2:00p<br>Specialty Swim   | OPEN SWIM  | OPEN SWIM                      | POOL CLOSING @ 12:00p | OPEN SWIM  |          |
| 2:00p  |                                      |                            | LAP SWIM   |  |                                |                       |  | LAP SWIM |
| 3:00p  | OPEN SWIM                            | OPEN SWIM                  | OPEN SWIM  | OPEN SWIM  | OPEN SWIM                      | POOL CLOSING @ 3:00p  |  |          |
| 4:00p  | 3:45 - 8:45 Swim Lessons & Swim Team |                            | 3:45 - 7:30p<br>Swim Lessons & Swim Team<br>(Adult Lap Swim 6:30-8:30) | 3:45 - 7:30p<br>Swim Lessons & Swim Team<br>(Adult Lap Swim 6:30-8:30) | 4:00 - 5:30p<br>SWIM TEAM ONLY |                       | Due to a nationwide lifeguard shortage we have restricted our weekend hours. Rest assured this is only a temporary change. |          |
| 5:00p  | (Adult Lap Swim 6:30-8:30)           |                            | (Adult Lap Swim 6:30-8:30)   | (Adult Lap Swim 6:30-8:30)   |                                |                       |  |          |
| 6:30p  | (Adult Lap Swim 6:30-8:30)           |                            | OPEN SWIM  |  |                                |                       |  |          |
| 7:00p  | OLSON POOL CLOSING @ 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 JANUARY 10 - FEBRUARY 20

| MONDAY  | TUESDAY                      | WEDNESDAY                     | THURSDAY                     |
|---|------------------------------|-------------------------------|------------------------------|
| 8:00 - 8:30a<br>WATER WALKING                                 | 8:00 - 8:30a<br>AQUA JOINTS  | 8:00 - 8:30a<br>WATER WALKING | 8:00 - 8:30a<br>AQUA JOINTS  |
| 8:30 - 10:00 ADULT THERAPY SWIM/CHILDCARE (T/TH 9:30 - 10:00) |                              |                               |                              |
| 4:00 - 5:30p<br>SWIM LESSONS                                  | 4:00 - 6:10p<br>SWIM LESSONS | 4:00 - 5:30p<br>SWIM LESSONS  | 4:00 - 6:10p<br>SWIM LESSONS |
|   | 6:30 - 7:15p<br>AQUA COMBO   |                               | 6:30 - 7:15p<br>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 - 7:00p

SATURDAY

8:00a - 12:00p