

OLSON POOL SCHEDULE MAY 31 - AUG 14

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30a	OLSON POOL OPENS @ 5:30a					
6:00a	5:45 - 6:30a AQUACISE		5:45 - 6:30a AQUACISE		5:45 - 6:30a AQUACISE	
7:00a	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	POOL OPENS @ 8:00a
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	
9:30a	9:30 - 11:40a Swim Lessons (Begin June 20)				9:00 - 11:00 Swim Team	
11:40a	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
NOON	12:00 - 1:00p LAP SWIM ONLY					
1:00p	1:15 - 3:15p Kids Club & Open Swim	1:15 - 3:15p Kids Club & Open Swim	1:15 - 3:15p Kids Club & Open Swim	1:15 - 3:15p Kids Club & Open Swim	1:15 - 3:15p Kids Club & Open Swim	
2:00p						POOL CLOSING @ 12:00p
3:00p					OPEN SWIM	
4:00p	3:45 - 5:10p Swim Lessons (Begin June 20)					
5:00p						
6:00p	OPEN SWIM	5:45 - 6:30 AQUA COMBO	OPEN SWIM	5:45 - 6:30 AQUA COMBO		
7:00p	OLSON POOL CLOSING @ 7:00p					

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.

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 MAY 31 - AUG 14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 10:00 ADULT THERAPY SWIM/CHILDCARE (T/TH 9:30-10:00)				
8:30 - 9:00a WATER WALKING	8:30 - 9:00a AQUA JOINTS	8:30 - 9:00a WATER WALKING	8:30 - 9:00a AQUA JOINTS	
10:15 - 11:45a SWIM LESSONS	10:15 - 11:45a SWIM LESSONS	10:15 - 11:45a SWIM LESSONS	10:15 - 11:45a SWIM LESSONS	
1:15 - 3:15p Kids Club				
3:45 - 5:15p SWIM LESSONS	3:45 - 5:15p SWIM LESSONS	3:45 - 5:15p SWIM LESSONS	3:45 - 5:15p SWIM LESSONS	

FREE CHILDWATCH

while parent/guardian uses the facility

Ages: 6 weeks - 3rd grade

MONDAY - FRIDAY

8:20 - 10:00a

MONDAY - THURSDAY

4:30 - 7:00p