

# OLSON POOL SCHEDULE JANUARY 2 - FEBRUARY 19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00a	OLSON POOL OPENS @ 5:00a						
6:00a	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	5:45 - 6:30a AQUACISE	POOL OPENS @ 8:00a	
7:00a	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	OPEN SWIM		
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		8:30 - 9:30a HYDRO POWER		
10:00a	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	POOL OPENS @ 11:00a
11:00a							
NOON	12:00 - 1:00p ADULT LAP SWIM ONLY						
1:00p			1:00 - 2:00p Specialty Swim				
2:00p	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	POOL CLOSSES @ 12:00p	
3:00p							
4:00p	3:45 - 8:45 Swim Lessons & Swim Team (Adult Lap Swim 6:30-8:30)			3:45 - 7:30 Swim Lessons & Swim Team (Adult Lap Swim 6:30-8:30)		4:00 - 5:30p SWIM TEAM ONLY	POOL CLOSSES @ 3:00p
5:00p							
6:30p							
7:00p					POOL CLOSSES @ 5:30p		
			OLSON POOL CLOSSES @ 8:30p				

## AQUA FITNESS 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.

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

**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 overall well-being.

## THERAPY POOL SCHEDULE JANUARY 2 - FEBRUARY 19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 - 9:00a WATER WALKING	8:30 - 9:00a AQUA JOINTS	8:30 - 9:00a WATER WALKING	8:30 - 9:00a AQUA JOINTS	8:30 - 9:00a WATER WALKING	10:00 - 10:30a WATER BABIES
8:30 - 10:00 ADULT THERAPY SWIM					
11:30a - 12:10p SWIM LESSONS	1:00 - 1:40p SWIM LESSONS	11:30a - 12:10p SWIM LESSONS	1:00 - 1:40p SWIM LESSONS		
4:00 - 5:30p SWIM LESSONS	4:30 - 6:10p SWIM LESSONS	4:00 - 5:30p SWIM LESSONS	4:30 - 6:10p SWIM LESSONS		
5:30 - 6:15p AQUA COMBO		5:30 - 6:15p AQUA COMBO			
	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 - 7:00p

SATURDAY

8:00a - 12:00p