

# OLSON POOL SCHEDULE NOVEMBER 10 - DECEMBER 22

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

## 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.

**Aqua Yoga** - Aqua yoga is a low-impact aquatic exercise, performing yoga poses in water. These poses help develop strength, static balance, and increases range of motion with little to no impact on joints, especially knees, hips, and ankles. No yoga experience is necessary.

**Aqua Flow** - This class incorporates elements of Barre, Yoga, Functional Training, Strength & Cardio. This energizing workout benefits anyone who may experience hip tightness, lower back and joint pain or inflammation.

## THERAPY POOL SCHEDULE NOVEMBER 10 - DECEMBER 21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
9:00 - 9:30a AQUA YOGA	9:00 - 9:30a AQUA FLOW	9:00 - 9:30a AQUA YOGA		
8:30 - 10:00 ADULT THERAPY SWIM				
11:30a - 12:10p SWIM LESSONS	11:45 - 12:25p SWIM LESSONS	11:30a - 12:10p SWIM LESSONS	11:30 - 12:25p SWIM LESSONS	
4:00 - 5:30p	4:30 - 6:10p	4:00 - 5:30p	4:30 - 6:10p	
5:30 - 6:15p AQUA COMBO		5:30 - 6:15p AQUA COMBO		

## 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

SATURDAY

8:00 - 11:30a