

# OLSON POOL SCHEDULE MARCH 20 – MAY 10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00a	OLSON POOL OPENS @ 5:00a						
6:00a	5:30 – 6:15a AQUA COMBO	5:30 – 6:30a MASTER SWIM	5:30 – 6:15a AQUA COMBO	5:30 – 6:30a MASTER SWIM	5:30 – 6:15a AQUA COMBO		
7:00a	OPEN SWIM 6:15 – 7:45	OPEN SWIM 6:30 – 7:45	OPEN SWIM 6:15 – 7:45	OPEN SWIM 6:30 – 7:45	OPEN SWIM 6:15 – 7:45		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		
9:00a	8:30 – 9:30a HYDRO POWER	8:30 – 9:15a AQUA ZUMBA	8:30 – 9:30a HYDRO POWER	8:30 – 9:15a AQUA ZUMBA	8:30 – 9:30a HYDRO POWER		
10:00a	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		
11:00a	9:30 – 12:00	9:30 – 12:00	9:30 – 12:00	9:30 – 12:00	9:30 – 12:00	8:00 – 12:00	
NOON	12:00 – 1:00p ADULT LAP SWIM ONLY						
1:00p			1:00 – 2:00p Specialty Swim				POOL OPENS @ 12:00p
2:00p	OPEN SWIM 1:00 – 4:00	OPEN SWIM 1:00 – 4:00	OPEN SWIM 2:00 – 4:00	OPEN SWIM 1:00 – 4:00	OPEN SWIM 1:00 – 4:00		POOL CLOSSES @ 12:00p
3:00p							OPEN SWIM 12:00 – 3:00
4:00p	Swim Lessons 4:00 – 5:30	Swim Lessons 4:00 – 6:00	Swim Lessons 4:00 – 5:30	Swim Lessons 4:00 – 6:00			POOL CLOSSES @ 3:00p
5:00p							
6:00p	5:30 – 6:15a AQUA COMBO		5:30 – 6:15a AQUA COMBO				
7:00p	6:15 – 8:00	6:00 – 8:00	6:15 – 8:00	6:00 – 8:00			POOL CLOSSES @ 5:30p
	OLSON POOL CLOSSES @ 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 MARCH 30 – MAY 10

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	9:00 – 9:30a AQUA FLOW	
8:30 – 10:00 ADULT THERAPY SWIM				
	11:45 – 12:25p SWIM LESSONS		11:45 – 12:25p 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	

## 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