

# OLSON POOL SCHEDULE MAY 18 - AUGUST 9

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

## 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 MAY 18 - AUG 9

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				
10:00 - 11:25p SWIM LESSONS				
4:00 - 5:40p SWIM LESSONS				

## FREE CHILDCARE

while parent/guardian uses the facility

Ages: 6 weeks - 3rd grade

MONDAY - FRIDAY

8:20 - 10:00a

MONDAY - THURSDAY

5:00 - 6:30p