

POOL SCHEDULE

Effective July 31

Water fitness classes are free for members.

Instructional Pool

	Mon	Tues	Wed	Thurs	Fri
8:30-10am	Therapy Swim	Therapy Swim	Therapy Swim	Therapy Swim	Therapy Swim
10:00-11:30 am	Lessons	Lessons	Lessons	Lessons	Childcare 10-11:00am
4:00-6:10 pm	Lessons	Lessons	Lessons	Lessons	
5:45-6:30pm	Aqua Zumba		Aqua Zumba		

Aquacise: A moderate aerobic workout in shallow water

Aqua Zumba: Integrating the Zumba dance class with traditional aqua fitness disciplines. This class blends it all together into a safe, challenging, water-based workout that includes cardio-conditioning, body-toning and most of all, exhilarating beyond belief.

Hydro Power: This class is taught in shallow water and will raise your heart rate.

Therapy Swim: An open time to walk, stretch and socialize in our instructional pool.

Water Babies: An open time to familiarize your infant and toddlers with the water while socializing with other parents.

Olson Pool

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
7:45-8:30am	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	Open & Lap Swim	
8:30-9:30am	Hydro Power	Aqua Zumba 8:45-9:30am	Hydro Power	Aqua Zumba 8:45-9:30am	Hydro Power		7:00am-1:30pm
9:45-11:45am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open & Lap Swim	Open & Lap Swim
11:45am-12:15pm							10:30am-1:30pm
12:15-1:15pm	Adult Lap/Exercise Swim Only						
1:15-3:45pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim until 4pm	Pool Closed	Pool Closed
3:45-6:30pm	Swim Team & Lessons No Lap Swim				4-5:30pm Swim Team		
6:30-7:30pm	Open Swim	Open Swim	Open Swim	Open Swim	*Open Swim 5:30-6:30pm		
					Pool Closed		

Free child watch is available for members Mon-Fri from 8:20-10:20am and Mon-Thurs. 5-7pm in the mini muscle room while parents utilize the facilities. Pool schedules are subject to change. Please contact the YMCA at 262-3782 with questions.