

# POOL SCHEDULE

Schedule effective through Nov. 12

Water fitness classes are free for members.

**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.

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		

## 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 7:00am-6:00pm	
8:30-9:30am	Hydro Power	Aqua Zumba 8:45-9:30am	Hydro Power	Aqua Zumba 8:45-9:30am	Hydro Power		
9:45-11:45am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
11:45am-12:15pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
12:15-1:15pm	Adult Lap/Exercise Swim Only		Adult Lap/Exercise Swim Only				
1:15-3:45pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim until 4pm	4-5:30pm Swim Team	Open & Lap Swim
3:45-6:30pm	Swim Team & Lessons No Lap Swim						
6:30-7:15pm	Open Swim	Open Swim	Open Swim	Open Swim	*Open Swim 5:30-7:00pm	Pool Closed	Pool Closed
7:15-8:30pm					Pool Closed	Pool Closed	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.

### NOTICE

All Swimmers Ages 8-13 must take the swim test and be given a wrist band according to their swim level.

Children younger than 8 years of age must be accompanied by an adult in the water.

### PLEASE NOTE UPCOMING ADJUSTMENTS TO THE POOL SCHEDULE:

NO OPEN SWIM  
6:30-7:15PM

SEPT. 25-OCT. 4  
OCT. 16-26