

POOL SCHEDULE

Schedule effective through Feb. 18, 2018

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		
6:30-8:00pm		OPEN SWIM		OPEN SWIM	

Olson Pool

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Aqua Bootcamp 6:30-7:15am *starts Jan. 6th	Open & Lap Swim 10:30am-5:00pm
5:45-6:30am	Aquacise		Aquacise	Aquacise	Aquacise		
7:45-8:30am	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise		
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							
12:15-1:15pm	Adult Lap/Exercise Swim Only		Adult Lap/Exercise Swim Only			Open & Lap Swim 7:00am-6:00pm	Pool Closed
1:15-3:45pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim until 4pm		
3:45-6:30pm	Swim Team & Lessons No Lap Swim				4-5:30pm Swim Team		
6:30-7:30pm	Tigersharks Practice	Tigersharks Practice	Tigersharks Practice	Tigersharks Practice	*Open Swim 5:30-7:00pm		
7:30-8:30pm			Open Swim		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.

THE OLSON POOL WILL BE CLOSED FOR SWIM TEAM PRACTICES & MEETS ON THE FOLLOWING DATES & TIMES:

PRACTICE	TIME CLOSED	SWIM MEET	TIME CLOSED
TUESDAY, DECEMBER 26	10AM-12PM	MONDAY, JANUARY 8	5:30AM-8:30PM
WEDNESDAY, DECEMBER 27	10AM-12PM	SATUDARY, JANUARY 27	9:30AM-5PM
THURSDAY, DECEMBER 28	10AM-12PM	SUNDAY, FEBRUARY 11	10AM-6PM
FRIDAY, DECEMBER 29	10AM-12PM		