

OLSON POOL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Y OPENS @ 5:00a						
5:00a	OLSON POOL OPENS @ 5:30a						
6:00a	5:45 - 6:30a AQUACISE		5:45 - 6:30a AQUACISE		5:45 - 6:30a AQUACISE	Y OPENS @ 6:00a POOL OPENS @ 6:30a	
7:00a							
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	7:15 - 8:30a ADULT LAP SWIM	
9:00a		8:45 - 9:30a AQUA ZUMBA		8:45 - 9:30a AQUA ZUMBA			
10:00a	10:00 - 11:15a SWIM LESSONS						Y OPENS @ 10:00a POOL OPENS @ 10:30a
11:00a	ADULT LAP SWIM AVAILABLE						
NOON	12:15 - 1:15p ADULT LAP SWIM ONLY						
1:00p							
2:00p	1:15 - 3:45p KIDS CLUB / OPEN SWIM						POOL CLOSSES @ 1:30p Y CLOSSES @ 2:00p
3:00p	ADULT LAP SWIM AVAILABLE						
4:00p							
5:00p	4:00 - 6:30p SWIM LESSONS						
6:00p	NO ADULT LAP SWIM						
7:00p	OLSON POOL CLOSSES AT 7:30p					POOL CLOSSES @ 6:30p Y CLOSSES @ 7:00p	
8:00p	Y CLOSSES AT 8:00p						

FREE CHILDWATCH
while parent/guardian attends class
Ages: 6 weeks - 3rd grade

Monday - Friday
8:20 - 10:20a

Monday - Thursday
5:00 - 7:00p

Adult Lap Swim available throughout the day, except when noted

For the safety of swimmers, there will be a 10-minute Safety Break at the top of each hour during extended open swim time

OPEN SWIM is available with lanes also available for Adult Lap Swim

ADULT CLASS DESCRIPTIONS:

Aquacise: A moderate aerobic workout in shallow water

Aqua Zumba: Zumba dance and aqua fitness together into a challenging, water-based workout that includes cardio conditioning & body toning.

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

INSTRUCTIONAL POOL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30a	8:30 - 10:00a OPEN THERAPY SWIM				
10:00a	10:00 - 11:30a SWIM LESSONS				
4:00p	4:00 - 5:45p SWIM LESSONS	4:00 - 6:30p SWIM LESSONS	4:00 - 5:45p SWIM LESSONS	4:00 - 6:30p SWIM LESSONS	
	5:45 - 6:30p AQUA ZUMBA		5:45 - 6:30p AQUA ZUMBA		