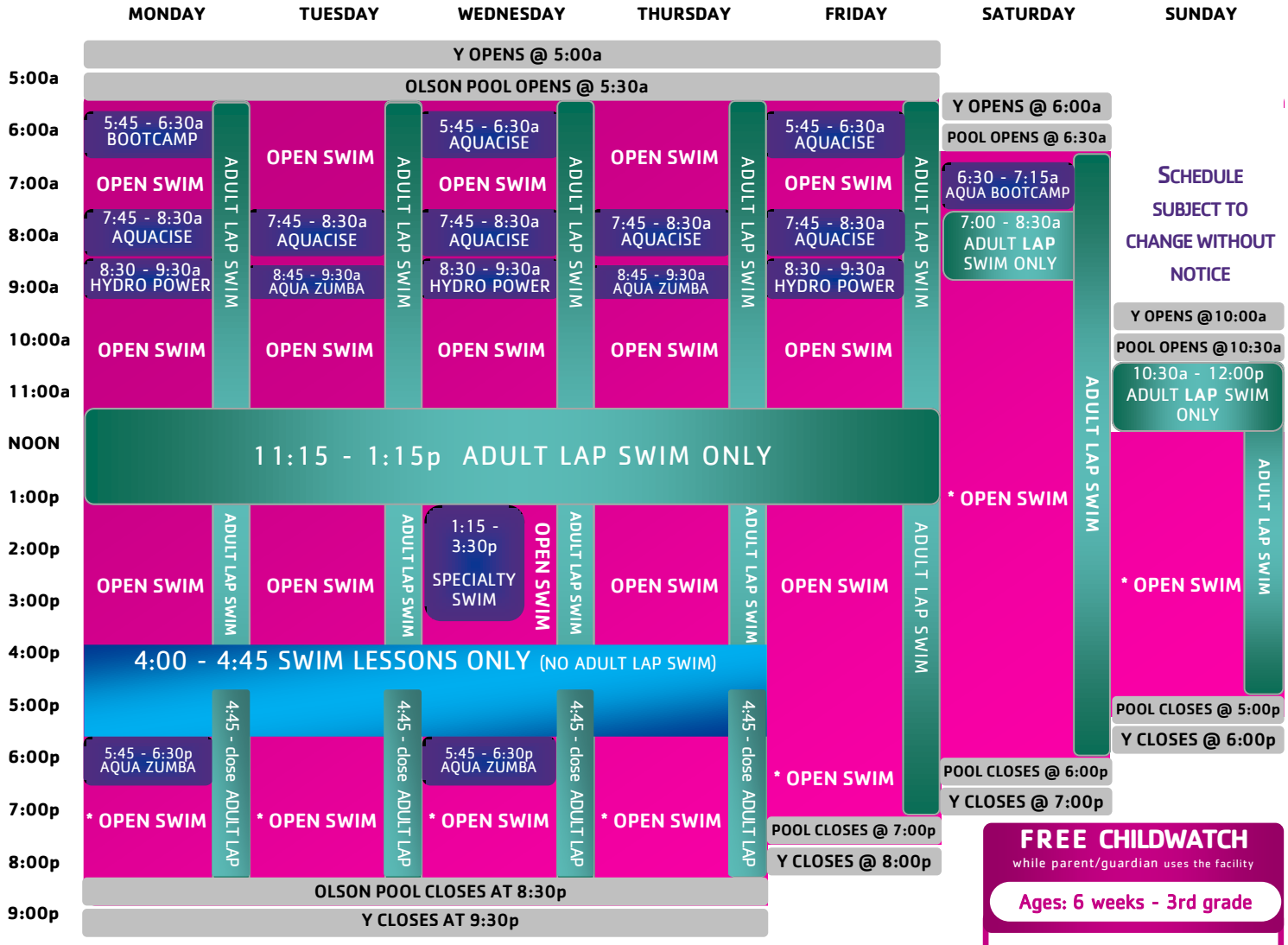
OLSON POOL SCHEDULE

effective May, 6 2019



• AQUATICS CLASSES •

Aquacise: A moderate aerobic workout in shallow water

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.

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 Joints: This class offers both the traditional range of motion exercises along with an additional cardiovascular segment.

• STARTING APRIL 2 • @ T/Th 7:45 - 8:30p

Aqua Bootcamp: High intensity, low impact workout, focusing on circuit training with water weights and more. This workout also focuses on increasing balance, coordination and flexibility.

* For the safety of swimmers, there will be a 5-minute Safety Break at the top of each hour during evening and weekend OPEN SWIM time

FREE CHILDWATCH

while parent/guardian uses the facility

Ages: 6 weeks - 3rd grade

MONDAY - FRIDAY
8:20 -10:20a
MONDAY - THURSDAY
5:00-7:00p
SATURDAY
8:00a - noon

THERAPY / INSTRUCTIONAL POOL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15a	8:15 - 8:45a WATER WALKING	8:15 - 8:45a AQUA JOINTS	8:15 - 8:45a WATER WALKING	8:15 - 8:45a AQUA JOINTS	8:15 - 8:45a WATER WALKING	
8:45a	8:45 - 10:15a OPEN SWIM					
10:20a	10:20 - 11:45a SWIM LESSONS					10:00a-12:00p OPEN Swim
4:00p	4:00 - 5:30p SWIM LESSONS	4:00 - 6:10p SWIM LESSONS	4:00 - 5:30p SWIM LESSONS	4:00 - 6:10p SWIM LESSONS		

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