

OLSON POOL SCHEDULE

Effective September 3, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00a	Y OPENS @ 5:00a OLSON POOL OPENS @ 5:30a						
6:00a	5:45 - 6:30a AQUACISE	OPEN SWIM	5:45 - 6:30a AQUACISE	OPEN SWIM	5:45 - 6:30a AQUACISE	Y OPENS @ 6:00a POOL OPENS @ 6:30a	
7:00a	OPEN SWIM	ADULT LAP SWIM	OPEN SWIM	ADULT LAP SWIM	OPEN SWIM	ADULT LAP SWIM	6:30 - 8:30a ADULT LAP SWIM ONLY
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		
9:00a	8:30 - 9:30a HYDRO POWER	8:45 - 9:30a AQUA ZUMBA	8:30 - 9:30a HYDRO POWER	8:45 - 9:30a AQUA ZUMBA	8:30 - 9:30a HYDRO POWER		
10:00a	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		Y OPENS @ 10:00a POOL OPENS @ 10:30a
11:00a							10:30a - 12:00p ADULT LAP SWIM ONLY
NOON	11:30 - 1:00p ADULT LAP SWIM ONLY						
1:00p						OPEN SWIM	ADULT LAP SWIM
2:00p	OPEN SWIM	OPEN SWIM	1:00 - 3:30p SPECIALTY SWIM	OPEN SWIM	OPEN SWIM		ADULT LAP SWIM
3:00p							
4:00p	4:00 - 6:30p Swim Lessons & Swim Team (NO Adult Lap Swim)					4:00 - 5:30p SWIM TEAM (NO Adult Lap Swim)	
5:00p							
6:00p					OPEN SWIM	POOL CLOSING @ 6:00p	Y CLOSING @ 6:00p
7:00p	OPEN SWIM	6:30 - 7:15p SKILL & DRILL	OPEN SWIM	6:30 - 7:15p SKILL & DRILL	OPEN SWIM	Y CLOSING @ 7:00p	
8:00p						Y CLOSING @ 8:00p	
9:00p	OLSON POOL CLOSING AT 8:30p Y CLOSING AT 9:30p						

Swim Season has started
Swim Meets and Pool Closing
will be posted

Adult Lap Swim available
throughout the day,
except when noted

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

Monday - Friday
8:20 - 10:20a
Monday - Thursday
5:00 - 7:00p
Saturday
8:00a - noon

• AQUA 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.
- Aqua Joints:** This class offers both the traditional range of motion exercises along with an additional cardiovascular segment.
- Hydro Power:** A deep water class that raises the heart rate and works all major muscle groups.

THERAPY POOL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15a		8:15 - 8:45a AQUA JOINTS		8:15 - 8:45a AQUA JOINTS		
8:45a	8:30 - 10:00a OPEN SWIM					
10:20a	10:20 - 11:45a SWIM LESSONS					
4:00p	4:00 - 5:25p SWIM LESSONS	4:00 - 6:10p SWIM LESSONS	4:00 - 5:25p SWIM LESSONS	4:00 - 6:10p SWIM LESSONS		9:15 - 10:00a Water Babies
5:45p	5:45 - 6:30p AQUA ZUMBA		5:45 - 6:30p AQUA ZUMBA			10:00 - 12:00a OPEN SWIM