

OLSON POOL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	POOL OPENS @ 6:30a	
7:00a	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	6:30 - 7:30a BOOTCAMP	
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	7:30 - 8:30a ADULT LAP SWIM ONLY	
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	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	
11:00a	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	
NOON	11:30 - 1:00p ADULT LAP SWIM ONLY						
1:00p	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM
2:00p	ADULT LAP SWIM	ADULT LAP SWIM	1:00 - 3:30p SPECIALTY SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM
3:00p	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM
4:00p	3:45 - 8:30p Swim Lessons & Swim Team (ADULT LAP SWIM 6:30 - 8:30P)				4:00 - 5:30p SWIM TEAM (NO Adult Lap Swim)	ADULT LAP SWIM	ADULT LAP SWIM
5:00p					ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM
6:00p					ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM
7:00p					ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM
8:00p					ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM
9:00p					ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM

• 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.

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 & flexibility.

Aqua Bootcamp: This class offers the cardio & strength benefits of a land class but in the pool! This 45 minute class is powerful, fun & uplifting.

Adult Lap Swim available throughout the day, except when noted

FREE CHILDCWATCH

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

THERAPY POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 - 8:30a WATER WALKING	8:15 - 8:45a AQUA JOINTS	8:00 - 8:30a WATER WALKING	8:15 - 8:45a AQUA JOINTS		
8:30 - 10:00a OPEN SWIM					
11:05 - 11:45 SWIM LESSONS		11:05 - 11:45 SWIM LESSONS			10:00 - 10:30a Water Babies
	1:15 - 1:55 SWIM LESSONS		1:15 - 1:55 SWIM LESSONS		
4:00 - 5:25p SWIM LESSONS	4:00 - 6:10p SWIM LESSONS	4:00 - 5:25p SWIM LESSONS	4:00 - 6:10p SWIM LESSONS		10:30 - 12:00a OPEN SWIM
5:45 - 6:30p AQUA ZUMBA		5:45 - 6:30p AQUA ZUMBA			

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