

Aquatic Program & Class Descriptions

Arthritis Foundation Aquatic Program

Taught by instructor certified by the Arthritis Foundation, this class is for people with arthritis and other related diseases, as well as sedentary adults. This class incorporates exercises to improve an individuals overall function and performance of daily tasks, mobility, gait, independence, flexibility, balance and coordination. Exercises are performed at a low to moderate rate of intensity. No swimming skills required.

Aqua Deep

An intense cardio workout performed in the deep end of the pool with the use of buoyancy belts, this active exercise program combines running, swimming, and aerobics. Increase your cardiovascular endurance while burning calories. Participants should have some swimming ability and be comfortable in the deep end of the pool.

Aqua Aerobics

An intense cardio workout performed in the shallow end of the water. Music is used to motivate and maintain pace, burn calories, improve strength, and increase cardiovascular endurance.

Rent - a - Lane

Reserve your own swimming lane during Lap Swim and Open Swim at North Olmsted Pool!

Cost: \$10.00 per hour

- Lane reservations must be made at least one week in advance.
- Lane locations in pool are not guaranteed.
- Call for schedule reservation availability.
- Schedule varies based on recreation programming, swim team practice and meet schedules.
- Cost does not include daily admission price.
- Reservation is to ensure that swimmers have their own lane during a specific time.

Call (440) 716-4248 to make your reservation today!

Pool Daily Admission & Pricing

Cardholder

Non Cardholder

Daily Admission

Age 5 & Under	\$0.50
Student	\$3.50
Senior	\$2.00
Adult	\$4.50
Family up to 5	\$12.50
Add'l Family Member	\$2.50

Daily Admission

Age 5 & Under	\$1.00
Student	\$4.50
Senior	\$3.00
Adult	\$6.00
Family up to 5	\$18.00
Add'l Family Member	\$3.50

Monthly Pass

Student	\$28.00
Senior	\$24.00
Adult	\$40.00
Family up to 5	\$85.00
Add'l Family Member	\$17.50

Monthly Pass

Student	\$44.00
Senior	\$44.00
Adult	\$66.00
Family up to 5	\$147.00
Add'l Family Member	\$29.00

3 Month Pass

Student	\$52.00
Senior	\$35.00
Adult	\$65.00
Family up to 5	\$180.00
Add'l Family Member	\$36.00

3 Month Pass

Student	\$72.00
Senior	\$72.00
Adult	\$96.00
Family up to 5	\$250.00
Add'l Family Member	\$50.00

Annual Pass

Student	\$190.00
Senior	\$135.00
Adult	\$246.00
Family up to 5	\$350.00
Add'l Family Member	\$70.00

Annual Pass

Student	\$260.00
Senior	\$192.00
Adult	\$345.00
Family up to 5	\$495.00
Add'l Family Member	\$99.00

Deep End & 2 Lane Lines are available during A.M. exercise classes. Shallow End is **NOT** available.

The Shallow End & 2 lane lines are available during P.M. exercise classes. Deep End is **NOT** available.

Saturday mornings Shallow End & Lanes reserved for Learn-to-Swim .

All Times and Dates are Subject to Change Without Notice