



Oshkosh Community YMCA Downtown Lap Pool Schedule Monthly Calendar For October 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---|--|---|--|---|--|---|---|
| <p>WE NEED YOU! Interested in joining our aquatics team as a Lifeguard or Swim Instructor? Please contact Daniel Anderson - DT Aquatics Director danielanderson@oshkoshymca.org Lifeguard training is provided FOR FREE when you are hired!</p> | | <p>1 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 7:30p Lap (2) 7:30p - 8:30p Lap (3)</p> | <p>2 5a - 9a Lap (2) 8a - 11a WATER FIT 11a - 11:30a Lap (2) 11:30a - 2:30p CLOSED 2:30p - 5:30p Lap (2) 5:30p - 6:30p WATER FIT 6:30p - 7:30p CLOSED 7:30p - 8:30p Lap (2)</p> | <p>3 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 7:30p Lap (2) 7:30p - 8:30p Lap (3)</p> | <p>4 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 7:30p Lap (2) 7:30p - 8:30p Lap (3)</p> | <p>5 8a - 9a Lap (3) 9a - 1p Lap (2) 1p - 4:30p Lap (3)</p> | |
| | <p>6 12p - 4:30p Lap (3)</p> | <p>7 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 5:30p Lap (2) 5:30p - 6:30p WATER FIT 6:30p - 8:30p Lap (3)</p> | <p>8 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 7:30p Lap (2) 7:30p - 8:30p Lap (3)</p> | <p>9 5a - 9a Lap (2) 8a - 11a WATER FIT 11a - 5:30p Lap (2) 5:30p - 6:30p WATER FIT 6:30p - 7:30p CLOSED 7:30p - 8:30p Lap (2)</p> | <p>10 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 7:30p Lap (2) 7:30p - 8:30p Lap (3)</p> | <p>11 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 7:30p Lap (2) 7:30p - 8:30p Lap (3)</p> | <p>12 8a - 9a Lap (3) 9a - 1p Lap (2) 1p - 4:30p Lap (3)</p> |
| | <p>13 12p - 4:30p Lap (3)</p> | <p>14 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 5:30p Lap (2) 5:30p - 6:30p WATER FIT 6:30p - 8:30p Lap (3)</p> | <p>15 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 7:30p Lap (2) 7:30p - 8:30p Lap (3)</p> | <p>16 5a - 9a Lap (2) 8a - 11a WATER FIT 11a - 5:30p Lap (2) 5:30p - 6:30p WATER FIT 6:30p - 7:30p CLOSED 7:30p - 8:30p Lap (2)</p> | <p>17 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 7:30p Lap (2) 7:30p - 8:30p Lap (3)</p> | <p>18 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 7:30p Lap (2) 7:30p - 8:30p Lap (3)</p> | <p>19 8a - 9a Lap (3) 9a - 1p Lap (2) 1p - 4:30p Lap (3)</p> |
| | <p>20 12p - 4:30p Lap (3)</p> | <p>21 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 11:30a Lap (3) 11:30a - 2:30p CLOSED 2:30p - 5:30p Lap (2) 5:30p - 6:30p WATER FIT 6:30p - 8:30p Lap (3)</p> | <p>22 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 7:30p Lap (2) 7:30p - 8:30p Lap (3)</p> | <p>23 5a - 9a Lap (2) 8a - 11a WATER FIT 11a - 11:30a Lap (3) 11:30a - 2:30p CLOSED 2:30p - 5:30p Lap (2) 5:30p - 6:30p WATER FIT 6:30p - 8:30p Lap (3)</p> | <p>24 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 7:30p Lap (2) 7:30p - 8:30p Lap (3)</p> | <p>25 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 7:30p Lap (2) 7:30p - 8:30p Lap (3)</p> | <p>26 8a - 9a Lap (3) 9a - 1p Lap (2) 1p - 4:30p Lap (3)</p> |
| | <p>27 12p - 4:30p Lap (3)</p> | <p>28 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 5:30p Lap (2) 5:30p - 6:30p WATER FIT 6:30p - 8:30p Lap (3)</p> | <p>29 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 7:30p Lap (2) 7:30p - 8:30p Lap (3)</p> | <p>30 CLOSED FOR MAINTENANCE</p> | <p>31 CLOSED FOR MAINTENANCE</p> | <p>Lap Swim is open to swimmers of all ages who can proficiently swim the length of the pool **PLEASE SHARE THE LANES**</p> | |

Schedule subject to change due to programs, lessons, and at Lifeguard discretion. For most up-to-date schedules, check out our Oshkosh Community YMCA App.

Water Fitness Classes

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|--|--|
| Water Fit 9:05 - 9:50 AM Lap Area | Power Current 8:05 - 8:50 AM Family Area | Ai Chi 8:00 - 8:45 AM Lap Area (2 lanes) | Power Current 8:05 - 8:50 AM Family Area | Deep Water Fit 9:05 - 9:50 AM Lap Area | Water Fit 8:05 - 8:50a Family Area |
| Forever Well 10:05 - 10:50 AM Lap Area | Water Fit 9:05 - 9:50 AM Lap Area | Water Fit 9:05 - 9:50 AM Lap Area | Water Fit 9:05 - 9:50 AM Lap Area | Forever Well 10:05 - 10:50 AM Lap Area | |
| Arthritis Aquatics 11:00 - 11:45 AM Family Area | Strength & Stretch 10:05 - 10:55 AM Lap Area | Senior Water Fit 10:05 - 10:50 AM Lap Area | Deep Water Fit 10:05 - 10:50 AM Lap Area | | |
| Aqua Zumba 12:10 - 12:55 PM Family Area | 11:00 - 11:20 AM Family Area | Arthritis Aquatics 11:00 - 11:45 AM Family Area | | | |
| Water Fit 5:35 - 6:20 PM Lap Area | | Strength & Stretch 12:10 - 12:50 Family Area | | | |
| | | Water Fit/Zumba 5:35 - 6:20 PM Lap Area | | | |



Oshkosh Community YMCA Downtown Family Pool Schedule Monthly Calendar For October 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|--|--|
| When the pool is CLOSED a YMCA aquatics program is occurring. We want to ensure a safe, fun experience to everyone during this busy time. During these times, <u>ONLY</u> the lazy river and <u>potentially</u> half the family pool will be available for use. Please don't use big pool floats at this time. | | 1 5a - 8a Open 8a - 11:30a CLOSED 11:30a - 4p Open 4p - 6:30p 1/2 Open 6:30p - 8:30p Open | 2 5a - 11a Open 11a -2:30p CLOSED 2:30p - 5:30p 1/2 Open 5:30p - 6:30p Open 6:30p - 7:30p CLOSED 7:30p - 8:30p Open | 3 5a - 8a Open 8a - 9a CLOSED 9a - 2:45p Open 2:45p - 6:30p 1/2 Open 6:30p - 8:30p Open | 4 5a - 8:30p Open | 5 8a - 9a CLOSED 9a - 12:15p 1/2 Open 12:15p - 4:30p Open |
| | 6 12p - 4:30p Open | 7 5a - 11a Open 11a -1p CLOSED 1p - 4p Open 4p - 5:30p 1/2 Open 5:30p - 8:30p Open | 8 5a - 8a Open 8a - 11:30a CLOSED 11:30a - 4p Open 4p - 6:30p 1/2 Open 6:30p - 8:30p Open | 9 5a - 11a Open 11a -1p CLOSED 1p -2:45p Open 2:45p - 5:30p 1/2 Open 5:30p - 6:30p Open 6:30p - 7:30p CLOSED 7:30p - 8:30p Open | 10 5a - 8a Open 8a - 9a CLOSED 9a - 2:45p Open 2:45p - 6:30p 1/2 Open 6:30p - 8:30p Open | 11 5a - 8:30p Open |
| 13 12p - 4:30p Open | 14 5a - 11a Open 11a -1p CLOSED 1p - 4p Open 4p - 5:30p 1/2 Open 5:30p - 8:30p Open | 15 5a - 8a Open 8a - 11:30a CLOSED 11:30a - 4p Open 4p - 6:30p 1/2 Open 6:30p - 8:30p Open | 16 5a - 11a Open 11a -1p CLOSED 1p -2:45p Open 2:45p - 5:30p 1/2 Open 5:30p - 6:30p Open 6:30p - 7:30p CLOSED 7:30p - 8:30p Open | 17 5a - 8a Open 8a - 9a CLOSED 9a - 2:45p Open 2:45p - 6:30p 1/2 Open 6:30p - 8:30p Open | 18 5a - 8:30p Open | 19 8a - 9a CLOSED 9a - 12:15p 1/2 Open 12:15p - 4:30p Open |
| 20 12p - 4:30p Open | 21 5a - 11a Open 11a -2:30p CLOSED 2:30p - 4p Open 4p - 5:30p 1/2 Open 5:30p - 8:30p Open | 22 5a - 8a Open 8a - 11:30a CLOSED 11:30a - 4p Open 4p - 6:30p 1/2 Open 6:30p - 8:30p Open | 23 5a - 11a Open 11a -2:30p CLOSED 2:30p - 5:30p 1/2 Open 5:30p - 6:30p Open 6:30p - 7:30p CLOSED 7:30p - 8:30p Open | 24 5a - 8a Open 8a - 9a CLOSED 9a - 2:45p Open 2:45p - 6:30p 1/2 Open 6:30p - 8:30p Open | 25 5a - 8:30p Open | 26 8a - 9a CLOSED 9a - 12:15p 1/2 Open 12:15p - 4:30p Open |
| 27 12p - 4:30p Open | 28 5a - 11a Open 11a -1p CLOSED 1p - 8:30p Open | 29 5a - 8a Open 8a - 11:30a CLOSED 11:30a - 8:30p Open | 30 CLOSED FOR MAINTENANCE | 31 CLOSED FOR MAINTENANCE | <i>The Lazy River Water Spray may be turned on during open swim provided no swim lessons or water fitness classes are occurring. Ask a lifeguard if you are interested.</i> | |

Lazy River: Available for walking/open swim when the aquatic facility is open.

Please share the river!

Sauna, Steam Room, & Hot Tub are open when the aquatic facility is open, *except when stated otherwise by program*

The Family Pool will be CLOSED Tuesday/Wednesday/Thursday at various times stated above for our YCC program

The ENTIRE Pool will be CLOSED the FIRST THREE Wednesdays from 6:30p - 7:30p for our Adaptive Program

The ENTIRE Aquatics Facility will be CLOSED the 2nd 21st and 23rd for our SAW class from 11:30a - 2:30p