



# Oshkosh Community YMCA Downtown Lap Pool Schedule Monthly Calendar For September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> CLOSED	<b>2</b> CLOSED	<b>3</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 11:30a Lap (2) 11:30a - 8:30p Lap (3)	<b>4</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 11:30a Lap (2) 11:30a - 5:30p Lap (3) <b>5:30p - 6:30p WATER FIT</b> 6:30p - 8:30p Lap (3)	<b>5</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 8:30p Lap (3)	<b>6</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 8:30p Lap (3)	<b>7</b> 8a - 4:30p Lap (3)
<b>8</b> 12p - 4:30p Lap (3)	<b>9</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 5:30p Lap (3) <b>5:30p - 6:30p WATER FIT</b> 6:30p - 8:30p Lap (3)	<b>10</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 11:30a Lap (2) 11:30a - 8:30p Lap (3)	<b>11</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 11:30a Lap (2) 11:30a - 5:30p Lap (3) <b>5:30p - 6:30p WATER FIT</b> 6:30p - 8:30p Lap (3)	<b>12</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 8:30p Lap (3)	<b>13</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 8:30p Lap (3)	<b>14</b> 8a - 4:30p Lap (3)
<b>15</b> 12p - 4:30p Lap (3)	<b>16</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 2p Lap (3) 2p - 5:30p Lap (2) <b>5:30p - 6:30p WATER FIT</b> 6:30p - 8:30p Lap (3)	<b>17</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 7:15p Lap (2) 7:15p - 8:30p Lap (3)	<b>18</b> 5a - 9a Lap (3) <b>8a - 11a WATER FIT</b> 11a - 5:30p Lap (2) <b>5:30p - 7:30p CLOSED</b> 7:30p - 8:30p Lap (3)	<b>19</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 2p Lap (3) 2p - 5:30p Lap (2) 5:30p - 8:30p Lap (3)	<b>20</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 8:30p Lap (3)	<b>21</b> 8a - 9a Lap (3) 9a - 12:15a Lap (2) 11:30a - 4:30p Lap (3)
<b>22</b> 12p - 4:30p Lap (3)	<b>23</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 2p Lap (3) 2p - 5:30p Lap (2) <b>5:30p - 6:30p WATER FIT</b> 6:30p - 8:30p Lap (3)	<b>24</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 7:15p Lap (2) 7:15p - 8:30p Lap (3)	<b>25</b> 5a - 9a Lap (3) <b>8a - 11a WATER FIT</b> 11a - 5:30p Lap (2) <b>5:30p - 7:30p CLOSED</b> 7:30p - 8:30p Lap (3)	<b>26</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 2p Lap (3) 2p - 5:30p Lap (2) 5:30p - 8:30p Lap (3)	<b>27</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 8:30p Lap (3)	<b>28</b> 8a - 9a Lap (3) 9a - 12:15a Lap (2) 11:30a - 4:30p Lap (3)
<b>29</b> 12p - 4:30p Lap (3)	<b>30</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 11:30a Lap (3) <b>11:30a - 2:30p CLOSED</b> 2:30p - 5:30p Lap (3) <b>5:30p - 6:30p WATER FIT</b> 6:30p - 8:30p Lap (3)	<b>31</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 7:15p Lap (2) 7:15p - 8:30p Lap (3)	<p><b>WE NEED YOU!</b> Interested in joining our aquatics team as a Lifeguard or Swim Instructor? Please contact Daniel Anderson - DT Aquatics Coordinator at <a href="mailto:danielanderson@oshkoshymca.org">danielanderson@oshkoshymca.org</a> Lifeguard training is provided FREE when you are hired!</p>			

Lap swim is open to swimmers of all ages who can proficiently swim the length of the pool

Lane availability subject to change due to program changes, private lessons, rehab/therapy or other reasons. **Please share lanes!**

Open Swim may take place in Lane 1 at the discretion of the lifeguard staff **and** at designated times

### 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			

Ai Chi Fitness Class Now Takes **TWO** Lanes Depending On Class Size!!!



# Oshkosh Community YMCA Downtown Family Pool Schedule Monthly Calendar For September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> CLOSED	<b>2</b> CLOSED	<b>3</b> 5a - 8a Open 8a - 11:30a CLOSED 11:30a - 3:30p Open 3:30p - 4:30p 1/2 Open 4:30p - 8:30p Open	<b>4</b> 5a - 11a Open 11a -1p CLOSED 1p - 2:45p Open 2:45 - 3:45 1/2 Open 3:45 - 8:30p Open	<b>5</b> 5a - 8a Open 8a - 9a CLOSED 9a - 2:45p Open 2:45p - 3:45p 1/2 Open 3:45p - 8:30p Open	<b>6</b> 5a - 8:30p Open	<b>7</b> 8a - 9a CLOSED 9a - 4:30p Open
<b>8</b> 12p - 4:30p Open	<b>9</b> 5a - 11a Open 11a -1p CLOSED 1p - 8:30p Open	<b>10</b> 5a - 8a Open 8a - 11:30a CLOSED 11:30a - 3:30p Open 3:30p - 4:30p 1/2 Open 4:30p - 8:30p Open	<b>11</b> 5a - 11a Open 11a -1p CLOSED 1p - 2:45p Open 2:45 - 3:45 1/2 Open 3:45 - 8:30p Open	<b>12</b> 5a - 8a Open 8a - 9a CLOSED 9a - 2:45p Open 2:45p - 3:45p 1/2 Open 3:45p - 8:30p Open	<b>13</b> 5a - 8:30p Open	<b>14</b> 8a - 9a CLOSED 9a - 4:30p Open
<b>15</b> 12p - 4:30p Open	<b>16</b> 5a - 11a Open 11a -1p CLOSED 1p - 4p Open 4p - 5:30p 1/2 Open 5:30p - 8:30p Open	<b>17</b> 5a - 8a Open 8a - 11:30a CLOSED 11:30a - 3:30p Open 3:30p - 7:15p 1/2 Open 7:15p - 8:30p Open	<b>18</b> 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	<b>19</b> 5a - 8a Open 8a - 9a CLOSED 9a - 2:45p Open 2:45p - 5:30p 1/2 Open 5:30p - 8:30p Open	<b>20</b> 5a - 8:30p Open	<b>21</b> 8a - 9a CLOSED 9a - 12:15p 1/2 Open 12:15p - 4:30p Open
<b>22</b> 12p - 4:30p Open	<b>23</b> 5a - 11a Open 11a -1p CLOSED 1p - 4p Open 4p - 5:30p 1/2 Open 5:30p - 8:30p Open	<b>24</b> 5a - 8a Open 8a - 11:30a CLOSED 11:30a - 3:30p Open 3:30p - 7:15p 1/2 Open 7:15p - 8:30p Open	<b>25</b> 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	<b>26</b> 5a - 8a Open 8a - 9a CLOSED 9a - 2:45p Open 2:45p - 5:30p 1/2 Open 5:30p - 8:30p Open	<b>27</b> 5a - 8:30p Open	<b>28</b> 8a - 9a CLOSED 9a - 12:15p 1/2 Open 12:15p - 4:30p Open
<b>29</b> 12p - 4:30p Open	<b>30</b> 5a - 11a Open 11a -2:30p CLOSED 2:30p - 4p Open 4p - 5:30p 1/2 Open 5:30p - 8:30p Open					

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

**Please share the river!**

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.

**Sauna, Steam Room, & Hot Tub\*** are open when the aquatic facility is open.

**Ai Chi Fitness Class Has Changed to 8 - 8:45a on Wednesdays and depending on class size will use TWO lanes!!!**

**The Family Pool will be CLOSED from 9:30a - 10:30a & 3:30p - 4:30p every Tuesday and 2:45p - 3:45p every Wednesday and Thursday for our YCC Swim Lesson Program**

**The ENTIRE Pool will be CLOSED the LAST TWO Wednesdays from 6:30p - 7:30p for our Adaptive Program (Sauna and Steam room will be open for use)**

**The ENTIRE Pool will be CLOSED the 30th of September for our SAW class from 11:30a - 2:30p (no patrons will be allowed on the pool deck at this time)**

