



# Oshkosh Community YMCA Downtown Lap Pool Schedule Monthly Calendar For January 2025

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

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.

**\*\* PLEASE SHARE THE LANES \*\***

## 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 <b>Lap Area (2 lanes)</b>	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	<b>Aqua Yoga</b> 11:05 - 11:50 <b>Family Area</b>		
Water Fit 5:35 - 6:20 PM Lap Area		Strength & Stretch 12:00 - 12:45 Family Area			
		Water Fit/Zumba 5:35 - 6:20 PM Lap Area			



# Oshkosh Community YMCA Downtown Family Pool Schedule Monthly Calendar For January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>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.</b></p>			<p><b>1</b> 11a -1p WATER FIT 1p - 3:30p Open  SPECIAL HOURS FOR NEW YEARS DAY</p>	<p><b>2</b> 5a - 8a Open 8a - 9a WATER FIT 9a - 11a Open 11a - 12p 1/2 Open 12 - 8:30p Open</p>	<p><b>3</b> 5a - 8:30p Open</p>	<p><b>4</b> 8a - 9a WATER FIT 9a - 4:30p Open</p>
<p><b>5</b> 12p - 4:30p Open</p>	<p><b>6</b> 5a - 11a Open 11a -1p WATER FIT 1p - 4p Open 4p - 5:30p 1/2 Open 5:30p - 8:30p Open</p>	<p><b>7</b> 5a - 8a Open 8a - 9a WATER FIT 9a - 11:30a 1/2 Open 11:30a - 4p Open 4p - 7:15p 1/2 Open 7:15p - 8:30p Open</p>	<p><b>8</b> 5a - 10a Open 10a - 11a 1/2 Open 11a -1p WATER FIT 1p -2:45p Open 2:45p - 5:30p 1/2 Open 5:30p - 8:30p Open</p>	<p><b>9</b> 5a - 8a Open 8a - 9a WATER FIT 9a - 11a Open 11a - 7:15p 1/2 Open 6:30p - 8:30p Open</p>	<p><b>10</b> 5a - 8:30p Open</p>	<p><b>11</b> 8a - 9a WATER FIT 9a - 12:15p 1/2 Open 12:15p - 4:30p Open</p>
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<p><b>26</b> 12p - 4:30p Open</p>	<p><b>27</b> 5a - 11a Open 11a -1p WATER FIT 1p - 4p Open 4p - 5:30p 1/2 Open 5:30p - 8:30p Open</p>	<p><b>28</b> 5a - 8a Open 8a - 9a WATER FIT 9a - 11:30a 1/2 Open 11:30a - 4p Open 4p - 7:15p 1/2 Open 7:15p - 8:30p Open</p>	<p><b>29</b> 5a - 10a Open 10a - 11a 1/2 Open 11a -1p WATER FIT 1p -2:45p Open 2:45p - 5:30p 1/2 Open 5:30p - 8:30p Open</p>	<p><b>30</b> 5a - 8a Open 8a - 9a WATER FIT 9a - 11a Open 11a - 7:15p 1/2 Open 6:30p - 8:30p Open</p>	<p><b>31</b> 5a - 8:30p Open</p>	<p><b>The Lazy River Water Spray</b>  can be turned on during open swim provided no activities are occurring. Ask a lifeguard if you are interested.</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.

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

**Please share the river!**

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

Check out our new **AQUA YOGA** class Thursdays at 11:05a - 11:50 in half of the Family Pool

**WATER FIT** and other full pool closures are in yellow

**LESSONS** and other half pool closures are in blue