



(#) shows the amount of lanes available

LAP POOL SCHEDULE

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|---|--|--|
| **Lap Swim is open to swimmers of all ages who can proficiently swim the length of the pool** | | 72 Lengths = 1 mile 36 laps = 1 mile | | Fall Aquatics Center Hours: Monday - Friday 5:30a-8:30p Saturday/Sunday 8a-6p | | 1 8a-9:45a Lap (2) 9:45a-10:15a Lap (1) 10:15a-12:15p Lap (7) 12:15p-6p Lap (8) |
| 2 8a-6p Lap (8) | 3 5:30a-9a Lap (8) 9a-10a Lap (4) 10a-4:15p Lap (8) 4:15p-5:30p Lap (2) 5:30p-6p Lap (1) 6p-6:30p Lap (6) 6:30p-7p Lap (1) 7p-8:30p Lap (0) | 4 5:30a-7a Lap (4) 7a-8a Lap (8) 8a-10a Lap (4) 10a-4:15p Lap (8) 4:15p-6p Lap (1) 6p-6:30p Lap (7) 6:30p-7p Lap (1) 7p-8:30p Lap (0) | 5 5:30a-9a Lap (8) 9a-10a Lap (4) 10a-2:30p Lap (8) 2:30p-3:30p Lap (5) 3:30p-4:15p Lap (8) 4:15p-5:30p Lap (1) 5:30p-6p Lap (5) 6p-6:30p Lap (8) 6:30p-8:30p Lap (0) | 6 5:30a-7a Lap (4) 7a-8a Lap (8) 8a-10a Lap (4) 10a-4:15p Lap (8) 4:15p-5p Lap (3) 5p-6p Lap (1) 6p-6:30p Lap (6) 6:30p-7p Lap (2) 7p-8:30p Lap (0) | 7 5:30a-9a Lap (8) 9a-10a Lap (4) 10a-4:15p Lap (8) 4:15p-6:15p Lap (2) 6:15p-8:30p Lap (8) | 8 8a-9:45a Lap (2) 9:45a-10:15a Lap (1) 10:15a-12:15p Lap (7) 12:15p-6p Lap (8) |
| 9 8a-6p Lap (8) | 10 5:30a-9a Lap (8) 9a-10a Lap (4) 10a-4:15p Lap (8) 4:15p-5:30p Lap (2) 5:30p-6p Lap (1) 6p-6:30p Lap (6) 6:30p-7p Lap (1) 7p-8:30p Lap (0) | 11 5:30a-7a Lap (4) 7a-8a Lap (8) 8a-10a Lap (4) 10a-11:45a Lap (8) Aquatics Center closed 11:45a-2p for Safety Around Water Lessons 2p-4:15p Lap (8) 4:15p-6p Lap (1) 6p-6:30p Lap (7) 6:30p-7p Lap (1) 7p-8:30p Lap (0) | 12 5:30a-9a Lap (8) 9a-10a Lap (4) 10a-2:30p Lap (8) 2:30p-3:30p Lap (5) 3:30p-4:15p Lap (8) 4:15p-5:30p Lap (1) 5:30p-6p Lap (5) 6p-6:30p Lap (8) 6:30p-8:30p Lap (0) | 13 5:30a-7a Lap (4) 7a-8a Lap (8) 8a-10a Lap (4) 10a-4:15p Lap (8) 4:15p-5p Lap (3) 5p-6p Lap (1) 6p-6:30p Lap (6) 6:30p-7p Lap (2) 7p-8:30p Lap (0) | 14 5:30a-9a Lap (8) 9a-10a Lap (4) 10a-4:15p Lap (8) 4:15p-6:15p Lap (2) 6:15p-8:30p Lap (8) | 15 8a-9:45a Lap (2) 9:45a-10:15a Lap (1) 10:15a-12:15p Lap (7) 12:15p-7p Lap (8) Community Night 5p-7p |
| 16 8a-6p Lap (8) | 17 5:30a-9a Lap (8) 9a-10a Lap (4) 10a-4:15p Lap (8) 4:15p-5:30p Lap (2) 5:30p-6p Lap (1) 6p-6:30p Lap (6) 6:30p-7p Lap (1) 7p-8:30p Lap (0) | 18 5:30a-7a Lap (4) 7a-8a Lap (8) 8a-10a Lap (4) 10a-4:15p Lap (8) 4:15p-6p Lap (1) 6p-6:30p Lap (7) 6:30p-7p Lap (1) 7p-8:30p Lap (0) | 19 5:30a-9a Lap (8) 9a-10a Lap (4) 10a-2:30p Lap (8) 2:30p-3:30p Lap (5) 3:30p-4:15p Lap (8) 4:15p-5:30p Lap (1) 5:30p-6p Lap (5) 6p-6:30p Lap (8) 6:30p-8:30p Lap (0) | 20 5:30a-7a Lap (4) 7a-8a Lap (8) 8a-10a Lap (4) 10a-4:15p Lap (8) 4:15p-5p Lap (3) 5p-6p Lap (1) 6p-6:30p Lap (6) 6:30p-7p Lap (2) 7p-8:30p Lap (0) | 21 5:30a-9a Lap (8) 9a-10a Lap (4) 10a-8:30p Lap (8) | 22 8a-9:45a Lap (8) 9:45a-11:30a Lap (6) 11:30a-12:15p Lap (7) 12:15p-6p Lap (8) |
| 23 8a-6p Lap (8) | 24 5:30a-9a Lap (8) 9a-10a Lap (4) 10a-5:30p Lap (8) 5:30p-6:30p Lap (7) 6:30p-7p Lap (2) 7p-8:30p Lap (0) | 25 5:30a-8a Lap (8) 8a-10a Lap (4) 10a-6:30p Lap (8) 6:30p-7p Lap (1) 7p-8:30p Lap (0) | 26 5:30a-9a Lap (8) 9a-10a Lap (4) 10a-2:30p Lap (8) 2:30p-3:30p Lap (5) 3:30p-6:30p Lap (8) 6:30p-8:30p Lap (0) | 27 5:30a-8a Lap (8) 8a-10a Lap (4) 10a-6:30p Lap (8) 6:30p-7p Lap (2) 7p-8:30p Lap (0) | 28 5:30a-9a Lap (8) 9a-10a Lap (4) 10a-4:15p Lap (8) 4:15p-6:15p Lap (2) 6:15p-8:30p Lap (8) Lifeguard Course may take up to 3 lanes between 5p-8:30p | 29 8a-6p Lap (8) Lifeguard Course may take up to 3 lanes between 9a-5p |
| 30 8a-6p Lap (8) Lifeguard Course may take up to 3 lanes between 9a-5p | 31 5:30a-9a Lap (8) 9a-10a Lap (4) 10a-4:15p Lap (8) 4:15p-5:30p Lap (2) 5:30p-6p Lap (1) 6p-6:30p Lap (6) 6:30p-7p Lap (1) 7p-8:30p Lap (0) | WE NEED YOU! Interested in joining our aquatics team as a Lifeguard or Swim Instructor? Please contact Trenton Davis at trentondavis@oshkoshymca.org or call (920) 230-8913. Lifeguard training is provided FOR FREE when you are hired! | | Schedule subject to change due to programs, private lessons, events, and at Lifeguard discretion. For most up-to-date schedules, check out our Oshkosh Community YMCA App. | | |



WATER FITNESS SCHEDULE

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|--|--|--|----------|
| | Water Fitness 9:05-9:50 AM Lap Pool | Deep Water Fitness 8:05-8:50 AM Lap Pool | Water Fitness 9:05-9:50 AM Lap Pool | High Intensity Water Fit 8:05-8:50 AM Lap Pool | Water Fitness 9:05-9:50 AM Lap Pool | |
| | Arthritis Aquatics 10:00-10:45 AM Lazy River/Slide | Water Fitness 9:05-9:50 AM Lap Pool | Arthritis Aquatics 10:00-10:45 AM Lazy River/Slide | Water Fitness 9:05-9:50 AM Lap Pool | Arthritis Aquatics 10:00-10:45 AM Lazy River/Slide | |
| | | | Water Dynamics 2:30-3:15 PM Lap/Family Pool | | **During Arthritis Aquatics the Lazy River will be closed** | |

FAMILY POOL SCHEDULE

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|--|--|--|
| **The Whirlpool closes every Thursday 12p-3p for routine maintenance** | | Fall Aquatics Center Hours: Monday - Friday 5:30a-8:30p Saturday/Sunday 8a-6p | | **Zero Depth area is available for Open Swim during Aquatic Center hours of operation** | | 1 8a-9a Open 9a-12:15p 1/2 Open 12:15p-6p Open |
| 2 8a-6p Open | 3 5:30a-8:30a Open 8:30a-10:45a 1/2 Open 10:45a-4:45p Open 4:45p-7:15p 1/2 Open 7:15p-8:30p Open | 4 5:30a-9a Open 9a-9:45a 1/2 Open 9:45a-4:45p Open 4:45p-6:30p 1/2 Open 6:30p-8:30p Open | 5 5:30a-8:30a Open 8:30a-10a 1/2 Open 10:30a-11:30a Splish & Splash 10a-4p Open 4p-7:15p 1/2 Open 7:15p-8:30p Open | 6 5:30a-9a Open 9a-10:30a 1/2 Open 10:30a-4:45p Open 4:45p-5:30p 1/2 Open 5:30p-8:30p Open | 7 5:30a-8:30p Open 10:30a-11:30a Splish & Splash Slide 4:30p-7p | 8 8a-9a Open 9a-10:30a 1/2 Open 10:30a-11:30a Open 11:30a-12:15p 1/2 Open 12:15p-6p Open Slide 12:30p-3:30p |
| 9 8a-6p Open | 10 5:30a-8:30a Open 8:30a-10:45a 1/2 Open 10:45a-4:45p Open 4:45p-7:15p 1/2 Open 7:15p-8:30p Open | 11 5:30a-9a Open 9a-9:45a 1/2 Open 9:45a-11:45a Open Aquatics Center closed 11:45a-2p for Safety Around Water Lessons 2p-4:45p Open 4:45p-6:30p 1/2 Open 6:30p-8:30p Open | 12 5:30a-8:30a Open 8:30a-10a 1/2 Open 10:30a-11:30a Splish & Splash 10a-4p Open 4p-7:15p 1/2 Open 7:15p-8:30p Open | 13 5:30a-9a Open 9a-10:30a 1/2 Open 10:30a-4:45p Open 4:45p-5:30p 1/2 Open 5:30p-8:30p Open | 14 5:30a-8:30p Open 10:30a-11:30a Splish & Splash Slide 4:30p-7p | 15 8a-9a Open 9a-10:30a 1/2 Open 10:30a-11:30a Open 11:30a-12:15p 1/2 Open 12:15p-7p Open Slide 12:30p-3:30p Community Night 5p-7p |
| 16 8a-6p Open | 17 5:30a-8:30a Open 8:30a-10:45a 1/2 Open 10:45a-4:45p Open 4:45p-7:15p 1/2 Open 7:15p-8:30p Open | 18 5:30a-9a Open 9a-9:45a 1/2 Open 9:45a-4:45p Open 4:45p-6:30p 1/2 Open 6:30p-8:30p Open | 19 5:30a-8:30a Open 8:30a-10a 1/2 Open 10:30a-11:30a Splish & Splash 10a-4p Open 4p-7:15p 1/2 Open 7:15p-8:30p Open | 20 5:30a-9a Open 9a-10:30a 1/2 Open 10:30a-4:45p Open 4:45p-5:30p 1/2 Open 5:30p-8:30p Open | 21 5:30a-8:30p Open 10:30a-11:30a Splish & Splash Slide 4:30p-7p | 22 8a-9a Open 9a-10:30a 1/2 Open 10:30a-11:30a Open 11:30a-12:15p 1/2 Open 12:15p-6p Open Slide 12:30p-3:30p |
| 23 8a-6p Open | 24 5:30a-8:30p Open | 25 5:30a-8:30p Open | 26 5:30a-8:30p Open 10:30a-11:30a Splish & Splash | 27 5:30a-8:30p Open | 28 5:30a-8:30p Open 10:30a-11:30a Splish & Splash Slide 4:30p-7p | 29 8a-6p Open Slide 12:30p-3:30p |
| 30 8a-6p Open | 31 5:30a-8:30a Open 8:30a-10:45a 1/2 Open 10:45a-4:45p Open 4:45p-7:15p 1/2 Open 7:15p-8:30p Open | 1/2 Open is when YMCA Swim Lessons are occurring. We want to ensure a safe, fun experience to everyone during this busy time. During these times, the lazy river and zero depth entry ONLY will be available for use. Gadgets and other areas of the family pool will be unavailable. | | Gadgets may be turned on upon request but are NOT available during programming. | WE NEED YOU! Interested in joining our aquatics team as a Lifeguard or Swim Instructor? Please contact Trenton Davis at trentondavis@oshkoshymca.org or call (920) 230-8913. Lifeguard training is provided FOR FREE when you are hired! | |

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