



Oshkosh Community YMCA Downtown Family Pool Schedule Monthly Calendar For April 2025

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

The ENTIRE YMCA will be CLOSED April 20th for Easter Sunday

The ENTIRE Aquatics Department will be closed from 11:30 - 2:30 on April 14th AND 16th for our Safety Around Water (SAW) program. NO patrons will be allowed on the pool deck at this time, this includes Whirlpool, Sauna and Steamroom.

ADAPTIVE DATES: April 7th, 14th, 21st, & 28th from 6:30 - 7:30p REMEMBER the ENTIRE pool and whirlpool are CLOSED at this time

FULL POOL CLOSURES like Adaptive are in yellow

HALF POOL CLOSURES like swim lessons are in blue



Oshkosh Community YMCA Downtown Lap Pool Schedule Monthly Calendar For April 2025

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</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11:05a - 4p Lap (3)</p> <p>4p - 7:15p Lap (2)</p> <p>7:15p - 8:30p (Lap 3)</p>	<p>2</p> <p>5a - 8a Lap (3)</p> <p>8a - 9a Ai Chi</p> <p>9a - 11a WATER FIT</p> <p>11a - 12p Lap (2)</p> <p>12p - 4:00p Lap (3)</p> <p>4:00p - 5:30p Lap (2)</p> <p>5:30p - 6:30p WATER FIT</p> <p>6:30p - 8:30p Lap (3)</p>	<p>3</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 4p Lap (3)</p> <p>4p - 7:15p Lap (2)</p> <p>7:15p - 8:30p Lap (3)</p>	<p>4</p> <p>5a - 8:55a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 5:30p Lap (3)</p> <p>5:30 - 6:30p WATER FIT</p> <p>6:30p - 8:30p Lap (3)</p>	<p>5</p> <p>8a - 9a Lap (2)</p> <p>9a - 10a CLOSED</p> <p>10a - 4:30p Lap (2)</p> <p>Lifeguard Recertification Course (2 Lanes)</p>	
	<p>6</p> <p>12p - 4:30p Lap (3)</p>	<p>7</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 4p Lap (3)</p> <p>4p - 5:30p Lap (2)</p> <p>5:30p - 6:30p WATER FIT</p> <p>6:30p - 7:30 ADAPTIVE</p> <p>7:30p - 8:30p Lap (3)</p>	<p>8</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11:05a - 4p Lap (3)</p> <p>4p - 7:15p Lap (2)</p> <p>7:15p - 8:30p (Lap 3)</p>	<p>9</p> <p>5a - 8a Lap (3)</p> <p>8a - 9a Ai Chi</p> <p>9a - 11a WATER FIT</p> <p>11a - 12p Lap (2)</p> <p>12p - 4:00p Lap (3)</p> <p>4:00p - 5:30p Lap (2)</p> <p>5:30p - 6:30p WATER FIT</p> <p>6:30p - 8:30p Lap (3)</p>	<p>10</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 4p Lap (3)</p> <p>4p - 7:15p Lap (2)</p> <p>7:15p - 8:30p Lap (3)</p>	<p>11</p> <p>5a - 8:55a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 5:30p Lap (3)</p> <p>5:30 - 6:30p WATER FIT</p> <p>6:30p - 8:30p Lap (3)</p>	<p>12</p> <p>8a - 9a Lap (3)</p> <p>9a - 10a Lap (2)</p> <p>10a - 4:30p Lap (3)</p>
<p>13</p> <p>12p - 4:30p Lap (3)</p>	<p>14</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 11:30a Lap (3)</p> <p>11:30a - 2:30p CLOSED</p> <p>2:30p - 4p Lap (3)</p> <p>4p - 5:30p Lap (2)</p> <p>5:30p - 6:30p WATER FIT</p> <p>6:30p - 7:30 ADAPTIVE</p> <p>7:30p - 8:30p Lap (3)</p>	<p>15</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11:05a - 4p Lap (3)</p> <p>4p - 7:15p Lap (2)</p> <p>7:15p - 8:30p (Lap 3)</p>	<p>16</p> <p>5a - 8a Lap (3)</p> <p>8a - 9a Ai Chi</p> <p>9a - 11a WATER FIT</p> <p>11a - 11:30a Lap (2)</p> <p>11:30a - 2:30p CLOSED</p> <p>2:30p - 4p Lap (3)</p> <p>4:00p - 5:30p Lap (2)</p> <p>5:30p - 6:30p WATER FIT</p> <p>6:30p - 8:30p Lap (3)</p>	<p>17</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 1p Lap (3)</p> <p>1p - 7:15p Lap (2)</p> <p>7:15p - 8:30p Lap (3)</p>	<p>18</p> <p>5a - 8:55a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 5:30p Lap (3)</p> <p>5:30 - 6:30p WATER FIT</p> <p>6:30p - 8:30p Lap (3)</p>	<p>19</p> <p>8a - 9a Lap (3)</p> <p>9a - 12:15p Lap (2)</p> <p>12:15p - 4:30p Lap (3)</p>	
<p>20</p> <p>CLOSED</p> <p>EASTER SUNDAY</p>	<p>21</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 4p Lap (3)</p> <p>4p - 5:30p Lap (2)</p> <p>5:30p - 6:30p WATER FIT</p> <p>6:30p - 7:30 ADAPTIVE</p> <p>7:30p - 8:30p Lap (3)</p>	<p>22</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11:05a - 4p Lap (3)</p> <p>4p - 7:15p Lap (2)</p> <p>7:15p - 8:30p (Lap 3)</p>	<p>23</p> <p>5a - 8a Lap (3)</p> <p>8a - 9a Ai Chi</p> <p>9a - 11a WATER FIT</p> <p>11a - 12p Lap (2)</p> <p>12p - 4:00p Lap (3)</p> <p>4:00p - 5:30p Lap (2)</p> <p>5:30p - 6:30p WATER FIT</p> <p>6:30p - 8:30p Lap (3)</p>	<p>24</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 1p Lap (3)</p> <p>1p - 7:15p Lap (2)</p> <p>7:15p - 8:30p Lap (3)</p>	<p>25</p> <p>5a - 8:55a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 5:30p Lap (3)</p> <p>5:30 - 6:30p WATER FIT</p> <p>6:30p - 8:30p Lap (3)</p>	<p>26</p> <p>8a - 9a Lap (3)</p> <p>9a - 12:15p Lap (2)</p> <p>12:15p - 4:30p Lap (3)</p>	
<p>27</p> <p>12p - 4:30p Lap (3)</p>	<p>28</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 4p Lap (3)</p> <p>4p - 5:30p Lap (2)</p> <p>5:30p - 6:30p WATER FIT</p> <p>6:30p - 7:30 ADAPTIVE</p> <p>7:30p - 8:30p Lap (3)</p>	<p>29</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11:05a - 4p Lap (3)</p> <p>4p - 7:15p Lap (2)</p> <p>7:15p - 8:30p (Lap 3)</p>	<p>30</p> <p>5a - 8a Lap (3)</p> <p>8a - 9a Ai Chi</p> <p>9a - 11a WATER FIT</p> <p>11a - 12p Lap (2)</p> <p>12p - 4:00p Lap (3)</p> <p>4:00p - 5:30p Lap (2)</p> <p>5:30p - 6:30p WATER FIT</p> <p>6:30p - 8:30p Lap (3)</p>	<p><i>Lap Swim is open to swimmers of all ages who can proficiently swim the length of the pool. Open Swim is available any time lap swim is available as well and may be done in ONLY lane 1</i></p> <p>**Swimmers under the age of 16 will be required to take a swim test. See a lifeguard to take one**</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.

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

Water Fitness Classes

Please check our new separate Water Fitness Classes sheet for details about Water Fitness Classes!



Oshkosh Community YMCA

Downtown Water Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Fit 9:05 - 9:50 AM Jen Sheilds Lap Pool	Power Current 8:05 - 8:50 AM Megan McClellan Family Pool	Ai Chi 8:00 - 8:45 AM Nancy Decker Lap Pool	Power Current 8:05 - 8:50 AM Megan McClellan Family Pool	Deep Water Fit 9:05 - 9:50 AM Jen Sheilds Lap Pool	Power Current 8:05 - 8:50a Gus Larson Family Pool
Forever Well 10:05 - 10:50 AM Jen Sheilds Lap Pool	Water Fit 9:05 - 9:50 AM Carol Hunke Lap Pool	Water Fit 9:05 - 9:50 AM Jen Sheilds Lap Pool	Water Fit 9:05 - 9:50 AM Carol Hunke Lap Pool	Forever Well 10:05 - 10:50 AM Jen Sheilds Lap Pool	
Arthritis Aquatics 11:00 - 11:45 AM Chris Gruber Family Pool	Strength & Stretch 10:05 - 10:55 AM Sue Panek Lap Pool	Senior Water Fit 10:05 - 10:50 AM Jen Sheilds Lap Pool	Deep Water Fit 10:05 - 10:50 AM Jen Sheilds Lap Pool	Water Fit 5:35 - 6:20 PM Rotates Weekly** Lap Pool	
Aqua Zumba 12:10 - 12:55 PM Rachel Ben-Ismael Family Pool	Strength & Stretch 11:00 - 11:20 AM Sue Panek Family Pool	Arthritis Aquatics 11:00 - 11:45 AM Chris Gruber Family Pool	Aqua Yoga 11:05 - 11:50 Jim Crane Family Pool		
Water Fit 5:35 - 6:20 PM Rotates Weekly** Lap Pool		Strength & Stretch 12:00 - 12:45 Sue Panek Family Pool			
		Water Fit/Zumba 5:35 - 6:20 PM Rotates Weekly** Lap Pool			

**** These classes consistently rotate instructors weekly. Check our App for the most accurate information on who's teaching! ****

Water Fitness Class Descriptions

AiChi - Taught by Nancy D. Combining elements of tai chi, quigon, Shiatsu and Watsu techniques in the natural buoyancy of water. Ai Chi involves slow, broad movements with deep breaths.	Aqua HIIT - Taught by Mel K. Try our newest water fitness class. We're bringing HIIT to the water! High-intensity interval training (HIIT) is alternating short intense excersize with brief rest. Being in the water will take the stress away from your joints but add resistance!	Aqua Yoga - Taught by Jim C. Supported by water's natural buoyancy, this unique verion of yoga enhances flexibility, strength and balance while reducing stress on joints. Perfect for all levels.	Aqua Zumba - Taught by Rachel B. Physical conditioning through Latind dance inspired movements. This is a medium impact workout in shallow water. Great for beginners and intermediate exercisers.
Arthritis Aquatics - Taught by Chris G. This class offers water exercises that are recommended by the Arthritis Foundation for joint movement and maintaining strength.	Deep Water Fit - Taught by Jen S. & Betty Z. Deep Water Fit is held in the deep end of the lap pool. No impact on your joints but a great workout for strength and core building.	Forever Well - Taught by Jen S. Forever Well is a senior oriented class designed to be less strenuous. Focus is more on toning, stretching, and flexibility. Participants also enjoy a social and recreational component.	Power Current - Taught by Megan M. Gus L. & Mel K. Looking for something more fast paced? This walk/run/jog class takes the stress of running away from your joints by moving though the water.
Senior Water Fit - Taught by Jen S. Senior Water Fit is a senior oriented class designed to be less strenuous. Focus is more on toning, stretching, and flexibility. Participants also enjoy a social and recreational component.	Strength & Stretch - Taught by Sue P. & Chris G. Strength & Stretch uses resistance apparatus, water fitness dumbbells, noodles, and kick boards you will build strength and balance while stretching major muscles and joints.	Water Fit - Taught by ALL instructors. Water Fit is the best workout you'll ever have! Come play in the pool with us!	

PLEASE REMEMBER. Due to instructor availability a different instructor may cover different water fitness classes and may teach their preferred class. Check the Oshkosh YMCA APP for the most accurate information on who's teaching where!