



# Oshkosh Community YMCA Downtown Family Pool Schedule

Monthly Calendar For May 2025

Sunday	Мс	onday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Lazy River					1	2	3
Water Spray can be		When the pool is CLOSED a YMCA aquatics program			5a - 8a Open	5a - 8:30p Open	8 - 9a WATER FIT
turned on during open swim				a safe, fun experience	8a - 9a WATER FIT		9 - 12:15p 1/2 Open
		to everyone	during this busy tim	e. During these times,	9a - 11a Open		12:15 - 4:30p Open
provided n activities a		POTENTIAL	LY ONLY the lazy ri	ver and half the family	11a - 12p 1/2 Open		
occurring. A		pool will b	e available for use.	Please don't use big	12p - 2:45p Open		
lifeguard if yo			pool floats at thi	s time.	2:45p - 5:30p 1/2 Open		
interested	<i>l.</i>				5:30p - 8:30p Open		
4	5		6	7	8	9	10
I2p - 4:30p Open	5a - 1	1a Open	5a - 8a Open	5a - 10a Open	5a - 8a Open	5a - 8:30p Open	8 - 9a WATER FIT
	11a -	1p WATER FIT	8a - 9a WATER FIT	10a - 11a 1/2 Open	8a - 9a WATER FIT	5:00 - 7:00p	9 - 12:15p 1/2 Open
	1p - 4	p Open	9a - 11:30a 1/2 Open	11a - 1p WATER FIT	9a - 11a Open	Water Safety Night	12:15 - 4:30p Open
	4p - 8	3:30p 1/2 Open	11:30a - 4p Open	1p - 2:45p Open	11a - 12p 1/2 Open		
			4p - 7:15p 1/2 Open	2:45p - 8:30p 1/2 Open	12p - 2:45p Open		
			7:15p - 8:30p Open		2:45p - 5:30p 1/2 Open		
					5:30p - 8:30p Open		
11	12		13	14	15	16	17
I2p - 4:30p Open	5a - 1	1a Open	5a - 8a Open	5a - 10a Open	5a - 8a Open	5a - 8:30p Open	8 - 9a WATER FIT
	11a -	1p WATER FIT	8a - 9a WATER FIT	10a - 11a 1/2 Open	8a - 9a WATER FIT		9 - 12:15p 1/2 Open
	1p - 4	p Open	9a - 11:30a 1/2 Open	11a - 1p WATER FIT	9a - 11a Open		12:15 - 4:30p Open
	4p - 5	5:30p 1/2 Open	11:30a - 4p Open	1p - 2:45p Open	11a - 12p 1/2 Open		
	5:30p	- 8:30p Open	4p - 7:15p 1/2 Open	2:45p - 5:30p 1/2 Open	12p - 2:45p Open		
			7:15p - 8:30p Open	5:30p - 8:30p Open	2:45p - 5:30p 1/2 Open		
					5:30p - 8:30p Open		
18	19		20	21	22	23	24
I2p - 4:30p Open	5a - 1	1a Open	5a - 8a Open	5a - 10a Open	5a - 8a Open	5a - 7:30p Open	8 - 9a WATER FIT
	11a -	1p WATER FIT	8a - 9a WATER FIT	10a - 11a 1/2 Open	8a - 9a WATER FIT		9 - 11:30p 1/2 Open
	1p - 4	p Open	9a - 11:30a 1/2 Open	11a - 1p WATER FIT	9a - 11a Open		
	4p - 5	5:30p 1/2 Open	11:30a - 4p Open	1p - 2:45p Open	11a - 12p 1/2 Open		
		- 7:30p Open	4p - 7:15p 1/2 Open	2:45p - 5:30p 1/2 Open	12p - 2:45p Open		
			7:15p - 7:30p Open	5:30p - 7:30p Open	2:45p - 5:30p 1/2 Open		
					5:30p - 7:30p Open		
25	26		27	28	29	30	31
			CLOSED FO	OR MAINTAINENCE & SERVICING - S	SEE YOU JUNE 9TH		
Schedule subje	<mark>ct to ch</mark> a	ange due to progra	ams, lessons, and at Lifeg	uard discretion. For the most u	<mark>p-to-date schedule, che</mark>	<mark>ck out our Oshkosh Cor</mark>	nmunity YMCA App.
Lazy Rive	er: Ava	ailable for walk	ing/open swim when	the aquatic facility is ope	en. Pleas	se share the river!	

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

The ENTIRE Aquatics Department will be closed from May 28th - June 8th for our annual pool shut down to do maintainence and servicing. NO patrons will be allowed on the pool deck, this includes Whirlpool, Sauna and Steamroom.

May 5th and 7th half of the Family pool may be closed from 6:30 - 8:30p for our YSL Program.

May 12th 2 Lanes in the Lap pool will be used for a Boy Scout Swim Test from 6:30 - 8:30p.

May 9th from 5:00 - 7:00p the Lap pool will be closed for Water Safety Night. The Family pool will remain open.

May 19th starts our Summer Hours. Remember the entire Aquatics Department closes 30 minutes before the building does.

FULL POOL CLOSURES like Adaptive are in yellow

HALF POOL CLOSURES like swim lessons are in blue

$ \begin{array}{ c c c c c c } \hline 1 & 2 & 1 & 2 & 1 & 2 & 3 \\ \hline 1 & 5 & 5 & 5 & 5 & 5 & 5 & 1 & 2 & 5 & 5 & 5 & 5 & 5 & 1 & 2 & 5 & 5 & 5 & 5 & 5 & 1 & 2 & 5 & 5 & 5 & 5 & 5 & 5 & 1 & 2 & 5 & 5 & 5 & 5 & 5 & 5 & 5 & 5 & 5$	the			HELP WANTED LIFEGUARDS		shkosh Comr vntown Lap Po Monthly Caler	•
Image: state of the s	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Our adjuditics feath as a Lifeguard or Swim instructor? Please contact Daniel Anderson - Dr Aquatics Director danielanderson@osikkoshyme.org Lifeguard training is provided FOR FREE when you are hired!   a - 118 water RTT 116.5-4, μu (g) 47.755 Lug (2) 47.555 Lug (2) 47.555 Lag (2) 40.55-830 Lug (3) 530-830 kure RTT 130-830 Lug (3) 530-830 kure RTT 130-735 Lug (2) 530-830 kure RTT 130-735 Lug (2) 530-735 Lug (2) 530-7		·	1	2	-	2	
Our adjudicits beam as a Lifeguard or Swim Instructor? Please contact Daniel Anderson - DT Aquatics Director danielanderson@oshkostymca.org Lifeguard training is provided FOR FREE when you are hired!   a - 1 a WATER PT 110.6a - 40 Lup (3)   ba - 1 ta WATER PT 110.6a - 40 Lup (3)   ba - 1 a WATER PT 110.6a - 40 Lup (3)   ba - 1 a WATER PT 110.6a - 40 Lup (3)   ba - 1 a WATER PT 110.6a - 40 Lup (3)   ba - 1 a WATER PT 110.6a - 40 Lup (3)   ba - 1 a WATER PT 110.6a - 40 Lup (3)   ba - 1 a WATER PT 110.6a - 40 Lup (3)   ba - 1 a WATER PT 110.6a - 40 Lup (3)   ba - 1 a WATER PT 110.6a - 40 Lup (3)   ba - 1 a WATER PT 120 - 430p Lup (3)   ba - 1 a WATER	WE NEED YOU!	Interested in joining	5a - 9a Lap (3)	5a - 8a Lap (3)	5a - 9a Lap (3)	5a - 8:55a Lap (3)	8a - 9a Lap (3)
Please contact Daniel Anderson - DT Aquatics Director danielanderson@oshkoshymca.org Lifegurad training is provided FOR FREE when you are hired!   111-21 (100) 7 (\$p - 4.30p (Lp 3)   111-21 (\$p - 4.30p (Lp 3)			9a - 11a WATER FIT	8a - 9a Ai Chi	9a - 11a WATER FIT	9a - 11a WATER FIT	9a - 12:15p Lap (2)
Aquatics Director danielanderson@oshkoshymcs.org Lifeguad training is provided FOR FREE when you are hired!   69-7159 Lap (2) 7150-830p Lap (2) 830p-630p VarER FTT 830p-630p VarER FTT 830p	•		11:05a - 4p Lap (3)	9a - 11a WATER FIT	11a - 4p Lap (3)	11a - 5:30p Lap (3)	12:15p - 4:30p Lap (3)
Image: Integrate framework (Image: Image:			4p - 7:15p Lap (2)	11a - 12p Lap (2)	4p - 7:15p Lap (2)	5:30 - 6:30p WATER FIT	
Lifeguard training is provided FOR FREE when you are hired!   4000-1330 Lap (3)   8000-1330 Lap (3)   80   91   10     4   5   6   7   8   9   10   8a - 9a Lap (3)   5a - 19a WATER FTT   9a - 110 WATER	•		7:15p - 8:30p (Lap 3)	12p - 4:00p Lap (3)	7:15p - 8:30p Lap (3)	6:30p - 8:30p Lap (3)	
FREE when you are hired!   5 30p -6:30p Watter FT 630p -8:30p Lap (3)   5 30p -6:30p Watter FT 630p -8:30p Lap (3)   6 30p - 8:30p Lap (3)   7 4   8 - 9 a Lap (3)   9 - 11 a WATER FT 9 - 11 a WATER FT 9 - 11 a 40 Lap (3)   10 - 11 a 40 Lap (3) <td></td> <td></td> <td></td> <td>4:00p - 5:30p Lap (2)</td> <td></td> <td></td> <td></td>				4:00p - 5:30p Lap (2)			
4 5 6 7 8 9 10   32p - 4.30p Lap (3) 3a - 8a Lap (3) 3a - 9a Lap (3) 3a - 9a Lap (3) 3a - 9a Lap (3) 3a - 8a Lap (3) 3a - 18a WATER FIT 3a - 11a WATER FIT 5a - 8a Lap (3) 5a - 8a Sop Lap (3) 5a - 11a WATER FIT 5a - 11a WATER				5:30p - 6:30p WATER FIT			
Sp 430p Lap (3)   Sa 9a Lap (3)   Sa 10a Lap (3)   Sa 10a Lap (3)   Sa 10a Lap (3)   Sa 10a La				6:30p - 8:30p Lap (3)			
Sa - 1ta WATER FIT   Sa - 3a D Lap (3)   Sa - 3a D Lap (3)   Sa - 3a Lap (3)	4	5	6	7	8	9	10
11a - 4p Lap (3)   1105a - 4p Lap (3)   9a - 11a WATER FIT   11a - 4p Lap (3)   11a - 500p Lap (3)   215p - 430p Lap (3)     4p - 5.30p Lap (2)   4p - 7.15p Lap (2)   4p - 7.15p Lap (2)   5:00 - 7.30p DLOSED   Water Safety Night   7.05p - 8.30p Lap (3)   5:00 - 7.30p CLOSED   Water Safety Night   7.05p - 8.30p Lap (3)   5:00 - 7.30p Lap (3)   7.05p - 8.30p Lap (3)   5:00 - 7.30p Lap (3)   7.05p - 8.30p Lap (3)   5:00 - 7.30p Lap (3)   7.05p - 8.30p Lap (3)   5:00 - 7.30p Lap (3)   5:00 - 7.30p Lap (3)   5:00 - 7.30p Lap (3)   7.05p - 8.30p Lap (3)   5:00 - 8.30	2p - 4:30p Lap (3)	5a - 9a Lap (3)	5a - 9a Lap (3)	5a - 8a Lap (3)	5a - 9a Lap (3)	5a - 8:55a Lap (3)	8a - 9a Lap (3)
4p - 6:30 Lap (2)   4p - 7:15 Lap (2)   11a - 12 Lap (2)   4p - 7:15 Lap (2)   5:00 - 7:00 p CLOSED     6:30p - 6:30p WATER FIT 6:30p - 8:30 Lap (3)   7:15p - 8:30p Lap (2)   7:15p - 8:30p Lap (3)   7:15p - 8:30p Lap (3)   7:15p - 8:30p Lap (3)   7:00 - 8:30p Lap (3)     11   12   13   14   15   16   7:00 - 8:30p Lap (3)     12p - 4:30p Lap (3)   5a - 9a Lap (3) <td></td> <td>9a - 11a WATER FIT</td> <td>9a - 11a WATER FIT</td> <td>8a - 9a Ai Chi</td> <td>9a - 11a WATER FIT</td> <td>9a - 11a WATER FIT</td> <td>9a - 12:15p Lap (2)</td>		9a - 11a WATER FIT	9a - 11a WATER FIT	8a - 9a Ai Chi	9a - 11a WATER FIT	9a - 11a WATER FIT	9a - 12:15p Lap (2)
5:30p-6:30p WATER FIT 5:30p-6:30p WATER FIT 5:30p-6:30p WATER FIT 5:30p-6:30p Lap (3)   12p-4:00p Lap (3) 5:30p-6:30p Lap (2) 5:30p-6:30p Lap (3)   Water Safety Night 7:00p-8:30p Lap (3)     11 (2p-4:30p Lap (3)   12 5:30p-6:30p WATER FIT 5:30p-6:30p Lap (3)   13 5:30p-6:30p Lap (3)   16 5:30p-6:30p Lap (3)   17 5:30p-6:30p Lap (3)     12 (2p-4:30p Lap (3)   12 5:30p-6:30p WATER FIT 5:30p-6:30p WATER FIT 5:30p-7:30 Lap (3)   22 5:30p-6:30p WATER FIT 5:30p-7:30 Lap (3)   22 5:30p-7:30 Lap (3)   22 5:30p-7:30 Lap (3)   22 5:30p-7:30 Lap (3)   23 5:30p-7:30 Lap (3)   33 5:30p-7:30 Lap (3)   33 5:30p-7:30 Lap (3) </td <td></td> <td>11a - 4p Lap (3)</td> <td>11:05a - 4p Lap (3)</td> <td>9a - 11a WATER FIT</td> <td>11a - 4p Lap (3)</td> <td>11a - 5:00p Lap (3)</td> <td>12:15p - 4:30p Lap (3)</td>		11a - 4p Lap (3)	11:05a - 4p Lap (3)	9a - 11a WATER FIT	11a - 4p Lap (3)	11a - 5:00p Lap (3)	12:15p - 4:30p Lap (3)
6:30p - 8:30 Lap (3) 4:00p - 6:30p WATER FIT (6:30p - 8:30p Lap (3) 7:00p - 8:30p Lap (3)   11 12 13 14 15 16 17   12p - 4:30p Lap (3) 5a - 9a Lap (3) 5a - 9a Lap (3) 5a - 9a Lap (3) 5a - 855a Lap (3) 8a - 9a Lap (3) 5a - 855a Lap (3) 8a - 9a Lap (3) 5a - 855a Lap (3) 8a - 9a Lap (3) 5a - 855a Lap (3) 8a - 9a Lap (3) 1a - 4p Lap (3) 11:05a - 4p Lap (3) 1a - 12p Lap (2) 4p - 7:15p Lap (2) 5a - 855a Lap (3) 8a - 9a Lap (3) 1a - 4p Lap (3) 11:05a - 4p Lap (3) 1a - 12p Lap (2) 4p - 7:15p Lap (2) 5a - 850a Lap (3) 12:15p - 4:30p Lap (3) 6:30p - 8:30p Lap (3) 8a - 9a Lap (3) 5a - 9a Lap (3) 6:30p - 8:30p Lap (3) 8a - 9a Lap (3) 6:30p - 8:30p Lap (3) 6:30p - 8:30p Lap (3) 8a - 9a Lap (3) 6:30p - 8:30p Lap (3) 8a - 9a Lap (3) 8a - 9a Lap (3) 5a - 8a Lap (3) 5a - 8a Lap (3) 5a - 8a Lap (3) 8a - 9a Lap (3) 5a - 8a Lap (3) 5a - 8a Lap (3) 5a - 8a Lap (3) </td <td></td> <td>4p - 5:30p Lap (2)</td> <td>4p - 7:15p Lap (2)</td> <td>11a - 12p Lap (2)</td> <td>4p - 7:15p Lap (2)</td> <td>5:00 - 7:00p CLOSED</td> <td></td>		4p - 5:30p Lap (2)	4p - 7:15p Lap (2)	11a - 12p Lap (2)	4p - 7:15p Lap (2)	5:00 - 7:00p CLOSED	
11   12   13   14   15   16   17     12p - 430p Lap (3)   5a - 9a Lap (		5:30p - 6:30p WATER FIT	7:15p - 8:30p (Lap 3)	12p - 4:00p Lap (3)	7:15p - 8:30p Lap (3)	Water Safety Night	
11   12   13   14   15   16   17     12p - 430p Lap (3)   5a - 9a Lap (		6:30p - 8:30 Lap (3)		4:00p - 5:30p Lap (2)		7:00p - 8:30p Lap (3)	
11   12   13   14   15   5a - 9a Lap (3)   5a - 11a WATER FIT   9a - 11a WATER FIT <td></td> <td></td> <td></td> <td></td> <td></td> <td> ,</td> <td></td>						,	
11 12 13 14 15 16 17   12p - 4.30p Lap (3) 5a - 9a Lap (3) 5a - 11a WATER FIT 9a - 11a WATER FIT							
12p - 4:30p Lap (3)   5a - 9a Lap (3)   5a - 9a Lap (3)   5a - 8a Lap (3)   5a - 9a Lap (3)   5a - 9	11	12	13		15	16	17
9a - 11a WATER FIT   9a - 9a Lap (3)   5a - 8a Lap (3)   5a - 8a Lap (3)   5a - 9a Lap (3)   9a - 11a WATER FIT			-				
11a - 4p Lap (3) 11:05a - 4p Lap (3) 9a - 11a WATER FIT 11a - 4p Lap (3) 11a - 5.30p Lap (3) 5:30 - 6:30p WATER FIT   6:30p - 6:30p WATER FIT 7:15p - 8:30p (Lap 3) 12p - 4:00p Lap (3) 7:15p - 8:30p Lap (3) 6:30p - 8:30p Lap (3) 8:30p - 8:30p Lap (3) 6:30p - 8:30p Lap (3) 8:30p - 7:30p	1	,	,	,	,	,	9a - 12:15p Lap (2)
4p - 5:30p Lap (2)   4p - 7:15p Lap (2)   11a - 12p Lap (2)   4p - 7:15p Lap (2)   5:30 - 6:30p WATER FIT     5:30p - 6:30p WATER FIT   7:15p - 8:30p Lap (2)   7:15p - 8:30p Lap (2)   7:15p - 8:30p Lap (2)   6:30p - 8:30p Lap (2)   6:30p - 8:30p Lap (2)   6:30p - 8:30p Lap (2)     12p - 4:30p Lap (3)   19   20   21   22   23   24     12p - 4:30p Lap (3)   5a - 9a Lap (3)   8a - 11a WATER FIT   9a - 11a WATER FIT <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>12:15p - 4:30p Lap (3)</td>							12:15p - 4:30p Lap (3)
5:30p - 6:30p WATER FIT 6:30p - 8:30p Lap (2)   7:15p - 8:30p (Lap 3)   12p - 4:00p Lap (3)   7:15p - 8:30p Lap (3)   8:30p - 8:30p Lap (3)     18   19   20   21   22   23   24     5a - 9a Lap (3)   5a - 9a Lap				11a - 12p Lap (2)			
6:30p - 8:30p Lap (2) 4:00p - 5:30p Lap (2) 3:30p - 6:30p WATER FIT 6:30p - 8:30p Lap (2) 3:30p - 6:30p WATER FIT 6:30p - 8:30p Lap (3) 22 23 24   18 19 20 21 22 23 24   12p - 4:30p Lap (3) 5a - 9a Lap (3) 8a - 9a Lap (3)   9a - 11a WATER FIT 9a							
Image: state			,			,	
18   19   20   21   22   23   24     12p - 4:30p Lap (3)   5a - 9a Lap		,					
12p - 4:30p Lap (3)   5a - 9a Lap (3)   5a - 9a Lap (3)   5a - 9a Lap (3)   5a - 8a Lap (3)   5a - 9a Lap (3)   5a - 8:55a Lap (3)   8a - 9a Lap (3)     9a - 11a WATER FIT							
9a - 11a WATER FIT 9a - 11a WATER FIT 8a - 9a Ai Chi 9a - 11a WATER FIT 9a - 11a Op Lap (3) 11a - 5:30p Lap (3) 9a - 11a WATER FIT 9a - 11a Chi Dap (3) 11a - 5:30p Lap (3)	18	19	20	21	22	23	24
11a - 4p Lap (3) 11:05a - 4p Lap (3) 9a - 11a WATER FIT 11a - 4p Lap (3) 11a - 5:30p Lap (3)   4p - 5:30p Lap (2) 4p - 7:15p Lap (2) 11a - 12p Lap (2) 4p - 7:15p Lap (2) 5:30 - 6:30p WATER FIT   5:30p - 6:30p WATER FIT 7:15p - 7:30p (Lap 3) 12p - 4:00p Lap (3) 7:15p - 7:30p Lap (3) 6:30p - 7:30p Lap (3)   6:30p - 7:30 Lap (3) 7:15p - 7:30p (Lap 3) 12p - 4:00p Lap (3) 7:15p - 7:30p Lap (3) 6:30p - 7:30p Lap (3)   25 26 27 28 28 29 30 31	2p - 4:30p Lap (3)	5a - 9a Lap (3)	5a - 9a Lap (3)	5a - 8a Lap (3)	5a - 9a Lap (3)	5a - 8:55a Lap (3)	8a - 9a Lap (3)
4p - 5:30p Lap (2) 4p - 7:15p Lap (2) 11a - 12p Lap (2) 4p - 7:15p Lap (2) 5:30 - 6:30p WATER FIT   5:30p - 6:30p WATER FIT 7:15p - 7:30p Lap (3) 7:15p - 7:30p Lap (3) 6:30p - 7:30p Lap (3) 6:30p - 7:30p Lap (3)   6:30p - 7:30 Lap (3) 7:15p - 7:30p Lap (3) 4:00p - 5:30p Lap (2) 7:15p - 7:30p Lap (3) 6:30p - 7:30p Lap (3)   25 26 27 28 29 30 31		9a - 11a WATER FIT	9a - 11a WATER FIT	8a - 9a Ai Chi	9a - 11a WATER FIT	9a - 11a WATER FIT	9a - 11:30p Lap (2)
5:30p - 6:30p WATER FIT 7:15p - 7:30p (Lap 3) 12p - 4:00p Lap (3) 7:15p - 7:30p Lap (3) 6:30p - 7:30p Lap (3)   6:30p - 7:30 Lap (3) 4:00p - 5:30p Lap (2) 5:30p - 6:30p WATER FIT 6:30p - 7:30p Lap (3) 7:15p - 7:30p Lap (3)   25 26 27 28 29 30 31		11a - 4p Lap (3)	11:05a - 4p Lap (3)	9a - 11a WATER FIT	11a - 4p Lap (3)	11a - 5:30p Lap (3)	
6:30p - 7:30 Lap (3) 4:00p - 5:30p Lap (2)   5:30p - 6:30p WATER FIT 6:30p - 7:30p Lap (3)   25 26 27 28 29 30 31		4p - 5:30p Lap (2)	4p - 7:15p Lap (2)	11a - 12p Lap (2)	4p - 7:15p Lap (2)	5:30 - 6:30p WATER FIT	
5:30p - 6:30p WATER FIT 6:30p - 7:30p Lap (3)   5:30p - 6:30p WATER FIT 6:30p - 7:30p Lap (3)   1     25   26   27   28   29   30   31		5:30p - 6:30p WATER FIT	7:15p - 7:30p (Lap 3)	12p - 4:00p Lap (3)	7:15p - 7:30p Lap (3)	6:30p - 7:30p Lap (3)	
25 26 27 28 29 30 31		6:30p - 7:30 Lap (3)		4:00p - 5:30p Lap (2)			
25 26 27 28 29 30 31				5:30p - 6:30p WATER FIT			
				6:30p - 7:30p Lap (3)			
CLOSED FOR MAINTAINENCE & SERVICING - SEE YOU JUNE 9TH	25	26	27	28	29	30	31
			CLOSED FOR	MAINTAINENCE & SERVICING -	SEE YOU JUNE 9TH		_

### **\*\* 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**

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

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

### Water Fitness Class Descriptions

Water Fit - Taught by ALL instuctors. Forever		rWell - Taught by Jen	Aqua Yoga - Taught	by Jim	Aqua Zumba - Taught by Rachel & Kate
Water Fit is the best workout you'll ever have! Come play in the pool with us! designed to participa		Il is a senior oriented class be less strenuous. Focus is ng, stretching, and flexibility. ts also enjoy a social and eational component.	Supported by water's natu this unique verion of yog flexibility, strength and ba reducing stress on joints. I levels.	a enhances alance while	dance inspired movements. This is a medium impact workout in shallow
Aqua HIIT - Taught by Mel		Deep Water Fit - Taught by Jen & Betty		Power Current - Taught by Megan, Gus, & Mel	
Try our newest water fitness class. We HIIT to the water! High-intensity interv (HIIT) is alternating short intense excers rest. Being in the water will take the stress your joints but add resistance	val training ize with brief ss away from			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.	
ForeverWell Arthritis Aquatics - Taught	by Chris G.	Strength & Stretch - Tau	ght by Sue P. & Chris G.	AiChi - Taught by Nancy	
This class offers water exercises t recommended by the Arthritis Foundat movement and maintaining stree	ion for joint	Strength & Stretch uses resistance apparatus, water fitness dumbbells, noodles, and kick boards you will build strength and balance while stretching major muscles and joints.		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.	
PLEASE REMEMBER. Due to instructor availability a different instructor may cover different water fitness classes and may teach their prefered class. Check the Oshkosh YMCA APP for the most accurate information on who's teaching where!					