



Aquatics Water Fitness Schedule - 20th Avenue YMCA

Monthly Calendar For October 2017

Schedule subject to change, signs will be posted. For most up to date schedule

please see the Oshkosh YMCA Mobile App

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 (West Comp) 9a-10a Water Fitness (Family) 10a-10:45a Arthritis	3 (West Comp) 9a-10a Water Fitness	4 (West Comp) 9a-10a Water Fitness (Family) 10a-10:45a Arthritis (Family) 6:45p-7:30p Power Current	5 (West Comp) 9a-10a Water Fitness (Family) 10a-10:45a Arthritis (West Comp) 5:30p-6:15p Water Fitness	6 (West Comp) 9a-9:45a Water Fitness (Family) 10a-10:45a Arthritis	7
8	9 (West Comp) 9a-10a Water Fitness (Family) 10a-10:45a Arthritis	10 (West Comp) 9a-10a Water Fitness (West Comp) 5:30p-6:15p Water Fitness	11 (West Comp) 9a-10a Water Fitness (Family) 10a-10:45a Arthritis (Family) 6:45p-7:30p Power Current	12 (West Comp) 9a-10a Water Fitness (Family) 10a-10:45a Arthritis (West Comp) 5:30p-6:15p Water Fitness	13 (West Comp) 9a-9:45a Water Fitness (Family) 10a-10:45a Arthritis	14
15	16 (West Comp) 9a-10a Water Fitness (Family) 10a-10:45a Arthritis	17 (West Comp) 9a-10a Water Fitness (West Comp) 5:30p-6:15p Water Fitness	18 (West Comp) 9a-10a Water Fitness (Family) 10a-10:45a Arthritis (Family) 6:45p-7:30p Power Current	19 (West Comp) 9a-10a Water Fitness (Family) 10a-10:45a Arthritis (West Comp) 5:30p-6:15p Water Fitness	20 (West Comp) 9a-9:45a Water Fitness (Family) 10a-10:45a Arthritis	21
22	23 (West Comp) 9a-10a Water Fitness (Family) 10a-10:45a Arthritis	24 (West Comp) 9a-10a Water Fitness (West Comp) 5:30p-6:15p Water Fitness	25 (West Comp) 9a-10a Water Fitness (Family) 10a-10:45a Arthritis (Family) 6:45p-7:30p Power Current	26 (West Comp) 9a-10a Water Fitness (Family) 10a-10:45a Arthritis (West Comp) 5:30p-6:15p Water Fitness	27 (West Comp) 9a-9:45a Water Fitness (Family) 10a-10:45a Arthritis	28
29	30 (West Comp) 9a-10a Water Fitness (Family) 10a-10:45a Arthritis	31 (West Comp) 9a-10a Water Fitness (West Comp) 5:30p-6:15p Water Fitness	KEY: Family = Family Pool West Comp = Competition Pool Lanes 5, 6, 7, 8 East Comp = Competition Pool Lanes 1, 2, 3, 4			