



Aquatics Water Fitness Schedule - Downtown 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 (Lap) 9a-9:50a Water Fitness (Lap) 10a-10:45a Senior Water Fitness (Shallow) 11a-11:45a Arthritis (Shallow) 12p-12:45p Water Fitness (Lap) 5:30p-6:30p Water Fitness	3 (Shallow) 8a-8:45a Power Current (Lap) 9a-9:50a Water Fitness (Shallow) 5:30p-6:30p Water Fitness	4 (Lap) 9a-9:45a Aqua Zumba (Lap) 10a-10:45a Water Tai Chi (Shallow) 11a-11:45a Arthritis (Shallow) 12p-12:45p Aqua Zumba (Lap) 5:30p-6:30p Water Fitness	5 (Shallow) 8a-8:45a Power Current (Lap) 9a-9:50a Water Fitness (Shallow) 5:30p-6:30p Water Fitness	6 (Lap) 9a-9:50a Water Fitness (Lap) 10a-10:45a Senior Water Fitness (Shallow) 11a-11:45a Arthritis (Shallow) 12p-12:45p Water Fitness	7 (Shallow) 8a-8:45a Power Current (Shallow) 9a-10a Water Fitness
8	9 (Lap) 9a-9:50a Water Fitness (Lap) 10a-10:45a Senior Water Fitness (Shallow) 11a-11:45a Arthritis (Shallow) 12p-12:45p Water Fitness (Lap) 5:30p-6:30p Water Fitness	10 (Shallow) 8a-8:45a Power Current (Lap) 9a-9:50a Water Fitness (Shallow) 5:30p-6:30p Water Fitness	11 (Lap) 9a-9:45a Aqua Zumba (Lap) 10a-10:45a Water Tai Chi (Shallow) 11a-11:45a Arthritis (Shallow) 12p-12:45p Aqua Zumba (Lap) 5:30p-6:30p Water Fitness	12 (Shallow) 8a-8:45a Power Current (Lap) 9a-9:50a Water Fitness (Shallow) 5:30p-6:30p Water Fitness	13 (Lap) 9a-9:50a Water Fitness (Lap) 10a-10:45a Senior Water Fitness (Shallow) 11a-11:45a Arthritis (Shallow) 12p-12:45p Water Fitness	14 (Shallow) 8a-8:45a Power Current (Shallow) 9a-10a Water Fitness
15	16 (Lap) 9a-9:50a Water Fitness (Lap) 10a-10:45a Senior Water Fitness (Shallow) 11a-11:45a Arthritis (Shallow) 12p-12:45p Water Fitness (Lap) 5:30p-6:30p Water Fitness	17 (Shallow) 8a-8:45a Power Current (Lap) 9a-9:50a Water Fitness (Shallow) 5:30p-6:30p Water Fitness	18 (Lap) 9a-9:45a Aqua Zumba (Lap) 10a-10:45a Water Tai Chi (Shallow) 11a-11:45a Arthritis (Shallow) 12p-12:45p Aqua Zumba (Lap) 5:30p-6:30p Water Fitness	19 (Shallow) 8a-8:45a Power Current (Lap) 9a-9:50a Water Fitness (Shallow) 5:30p-6:30p Water Fitness	20 (Lap) 9a-9:50a Water Fitness (Lap) 10a-10:45a Senior Water Fitness (Shallow) 11a-11:45a Arthritis (Shallow) 12p-12:45p Water Fitness	21 (Shallow) 8a-8:45a Power Current (Shallow) 9a-10a Water Fitness
22	23 (Lap) 9a-9:50a Water Fitness (Lap) 10a-10:45a Senior Water Fitness (Shallow) 11a-11:45a Arthritis (Shallow) 12p-12:45p Water Fitness (Lap) 5:30p-6:30p Water Fitness	24 (Shallow) 8a-8:45a Power Current (Lap) 9a-9:50a Water Fitness (Shallow) 5:30p-6:30p Water Fitness	25 (Lap) 9a-9:45a Aqua Zumba (Lap) 10a-10:45a Water Tai Chi (Shallow) 11a-11:45a Arthritis (Shallow) 12p-12:45p Aqua Zumba (Lap) 5:30p-6:30p Water Fitness	26 (Shallow) 8a-8:45a Power Current (Lap) 9a-9:50a Water Fitness (Shallow) 5:30p-6:30p Water Fitness	27 (Lap) 9a-9:50a Water Fitness (Lap) 10a-10:45a Senior Water Fitness (Shallow) 11a-11:45a Arthritis (Shallow) 12p-12:45p Water Fitness	28 (Shallow) 8a-8:45a Power Current (Shallow) 9a-10a Water Fitness
29	30 (Lap) 9a-9:50a Water Fitness (Lap) 10a-10:45a Senior Water Fitness (Shallow) 11a-11:45a	31 (Shallow) 8a-8:45a Power Current (Lap) 9a-9:50a Water Fitness (Shallow) 5:30p-6:30p	KEY: Shallow = Shallow Pool Lap = Lap Pool			

Arthritis
(Shallow) 12p-12:45p
Water Fitness
(Lap) 5:30p-6:30p
Water Fitness

Water Fitness