



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**Oshkosh Community YMCA
Downtown Pool Schedule
WINTER 2018
Water Fitness Classes**

UPDATED 12.28.17

CLOSURES/CHANGES

Please regularly check our Mobile App or online calendar for any changes and closures to our pools.

<u>Monday</u>		<u>Tuesday</u>		<u>Wednesday</u>		<u>Thursday</u>		<u>Friday</u>		<u>Saturday</u>
<u>Lap</u>	<u>Family</u>	<u>Lap</u>	<u>Family</u>	<u>Lap</u>	<u>Family</u>	<u>Lap</u>	<u>Family</u>	<u>Lap</u>	<u>Family</u>	<u>Family</u>
9:00 - 9:50 Water Fitness			8:00 - 8:45 Power Current	9:00 - 9:45 Aqua Zumba			8:00 - 8:45 Power Current	9:00 - 9:50 Water Fitness		8:00 - 8:45 Power Current
10:00 - 10:45 Sr Water Fitness		9:00 - 9:50 Water Fitness		10:00 - 10:45 Sr Water Fitness	10:00 - 10:45 Water Tai Chi	9:00 - 9:50 Water Fitness		10:00 - 10:45 Sr Water Fitness		9:00 - 9:50 Water Fitness
	11:00 - 11:45 Arthritis Aquatics				11:00 - 11:45 Arthritis Aquatics				11:00 - 11:45 Arthritis Aquatics	
	12:00 - 12:45 Water Fitness				12:00 - 12:45 Aqua Zumba				12:00 - 12:45 Water Fitness	
5:30 - 6:30 Water Fitness				5:30 - 6:30 Water Fitness						

LAZY RIVER USAGE

THE LAZY RIVER IS ONLY USED FOR CLASSES DURING POWER CURRENT.
IT IS AVAILABLE FOR OPEN SWIM OR WALKING DURING ALL OTHER TIMES
THE FAMILY POOL IS OPEN