



Aquatics Water Fitness Schedule - 20th Avenue YMCA

Monthly Calendar For January 2018

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