



# JULY 2018 - Monthly Calendar

## Aquatics Water Fitness Schedule - 20th Avenue YMCA

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