



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

**Oshkosh Community YMCA  
Downtown Water Fitness Schedule  
WINTER 2019  
January 2 - March 17**

UPDATED 12.31.18

**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 - 9:45 Water Fitness			8:00 - 8:45 Power Current	9:00 - 9:45 Aqua Zumba			8:00 - 8:45 Power Current	9:00 - 9:45 Water Fitness		8:00 - 8:45 Power Current
10:00 - 10:45 Sr Water Fitness		9:00 - 9:45 Water Fitness		10:00 - 10:45 Sr Water Fitness		9:00 - 9:45 Water Fitness		10:00 - 10:45 Sr Water Fitness		9:00 - 9:45 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 - 6:15 Water Fitness				5:30 - 6:15 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