



Oshkosh Community YMCA Downtown Family Pool Schedule

Monthly Calendar For January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 11a - 230p Open
2 YMCA CLOSED	3 5a-11a Open 12p - 4:45p Open 4:45p - 6:30p 1/2 Open 6:30p - 7:30p Open	4 5a - 11a Open 11:30a - 4:45p Open 4:45p - 7:30p 1/2 Open	5 5a-11a Open 12p - 4:45p Open 4:45p - 7:30p 1/2 Open	6 5a - 8a Open 9a - 4:45p Open 4:45p - 7:30p 1/2 Open	7 5a - 7:30p Open	8 8a - 9a Open 10a - 12:30p 1/2 Open 12:30p - 430p Open
9 12p-330p Open	10 5a-11a Open 12p - 4:45p Open 4:45p - 6:30p 1/2 Open 6:30p - 7:30p Open	11 5a - 11a Open 11:30a - 4:45p Open 4:45p - 7:30p 1/2 Open	12 5a-11a Open 12p - 4:45p Open 4:45p - 7:30p 1/2 Open	13 5a - 8a Open 9a - 4:45p Open 4:45p - 7:30p 1/2 Open	14 5a - 7:30p Open	15 8a - 9a Open 10a - 12:30p 1/2 Open 12:30p - 430p Open
16 12p-330p Open	17 5a-11a Open 12p - 4:45p Open 4:45p - 6:30p 1/2 Open 6:30p - 7:30p Open	18 5a - 11a Open 11:30a - 4:45p Open 4:45p - 7:30p 1/2 Open	19 5a-11a Open 1p - 4:45p Open 4:45p - 7:30p 1/2 Open	20 5a - 8a Open 9a - 4:45p Open 4:45p - 7:30p 1/2 Open	21 5a - 7:30p Open	22 8a - 9a Open 10a - 12:30p 1/2 Open 12:30p - 430p Open
23 12p-330p Open	24 5a-11a Open 12p - 4:45p Open 4:45p - 6:30p 1/2 Open 6:30p - 7:30p Open	25 5a - 11a Open 11:30a - 4:45p Open 4:45p - 7:30p 1/2 Open	26 5a-11a Open 1p - 4:45p Open 4:45p - 7:30p 1/2 Open	27 5a - 8a Open 9a - 4:45p Open 4:45p - 7:30p 1/2 Open	28 5a - 7:30p Open	29 8a - 9a Open 10a - 12:30p 1/2 Open 12:30p - 430p Open
30 12p-330p Open	31 5a-11a Open 12p - 7:30p Open					

Lazy River: Available for walking/open swim when the aquatic facility is open, **except for:**
Thursday morning 800a - 900a during Power Current

The Lazy River Water Spray may be turned on during open swim provided no swim lessons are occurring.
Ask a lifeguard if you are interested.

Sauna, Steam Room, & Whirlpool: All are open when the aquatic facility is open



Oshkosh Community YMCA Downtown Lap Pool Schedule Monthly Calendar For January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 11a - 2:30p Lap (3)
2 YMCA CLOSED	3 5a - 9a Lap (4) 11a - 4:45p Lap (4) 4:45p - 5:30p Lap (2) 6:30p - 7:30p Lap (4)	4 5a - 9a Lap (4) 11a - 5:30p Lap (4) 5:30p - 7:30p Lap (2)	5 5a - 9a Lap (4) 11a - 4:45p Lap (4) 4:45p - 6:30p Lap (2) 6:30p - 7:30p Lap (4)	6 5a - 8a Lap (4) 11a - 5:30p Lap (4) 5:30p - 7:30p Lap (2)	7 5a - 9a Lap (4) 11a - 7:30p Lap (4)	8 8a - 10a Lap (4) 10a - 12:30p Lap (2) 12:30p - 4:30p Lap (4)
9 12p - 3:30p Lap (3)	10 5a - 9a Lap (4) 11a - 4:45p Lap (4) 4:45p - 5:30p Lap (2) 6:30p - 7:30p Lap (4)	11 5a - 9a Lap (4) 11a - 5:30p Lap (4) 5:30p - 7:30p Lap (2)	12 5a - 9a Lap (4) 11a - 4:45p Lap (4) 4:45p - 6:30p Lap (2) 6:30p - 7:30p Lap (4)	13 5a - 8a Lap (4) 11a - 5:30p Lap (4) 5:30p - 7:30p Lap (2)	14 5a - 9a Lap (4) 11a - 7:30p Lap (4)	15 8a - 10a Lap (4) 10a - 12:30p Lap (2) 12:30p - 4:30p Lap (4)
16 12p - 3:30p Lap (3)	17 5a - 9a Lap (4) 11a - 4:45p Lap (4) 4:45p - 5:30p Lap (2) 6:30p - 7:30p Lap (4)	18 5a - 9a Lap (4) 11a - 5:30p Lap (4) 5:30p - 7:30p Lap (2)	19 5a - 9a Lap (4) 11a - 4:45p Lap (4) 4:45p - 6:30p Lap (2) 6:30p - 7:30p Lap (4)	20 5a - 8a Lap (4) 11a - 5:30p Lap (4) 5:30p - 7:30p Lap (2)	21 5a - 9a Lap (4) 11a - 7:30p Lap (4)	22 8a - 10a Lap (4) 10a - 12:30p Lap (2) 12:30p - 4:30p Lap (4)
23 12p - 3:30p Lap (3)	24 5a - 9a Lap (4) 11a - 4:45p Lap (4) 4:45p - 5:30p Lap (2) 6:30p - 7:30p Lap (4)	25 5a - 9a Lap (4) 11a - 5:30p Lap (4) 5:30p - 7:30p Lap (2)	26 5a - 9a Lap (4) 11a - 4:45p Lap (4) 4:45p - 6:30p Lap (2) 6:30p - 7:30p Lap (4)	27 5a - 8a Lap (4) 11a - 5:30p Lap (4) 5:30p - 7:30p Lap (2)	28 5a - 9a Lap (4) 11a - 7:30p Lap (4)	29 8a - 10a Lap (4) 10a - 12:30p Lap (2) 12:30p - 4:30p Lap (4)
30 12p - 3:30p Lap (3)	31 5a - 9a Lap (4) 11a - 5:30p Lap (4) 6:30p - 7:30p Lap (4)					

Lap swim is open to swimmers of all ages who can proficiently swim the length of the pool

Lane availability subject to change due to program changes, private lessons, rentals, events, or other reasons

Open Swim may take place in Lane 1 at the discretion of the lifeguard staff

Water Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Fit 9:05—9:50 AM Lap Area	Water Fit 9:05—9:50 AM Lap Area	Water Fit 9:05—9:50 AM Lap Area	Power Current 8:05-8:50 AM Family Area	Deep Water Fit 9:05—9:50 AM Lap Area	Rotation (AquaStrong or Water Fit)
Senior Water Fit 10:05—10:50 AM Lap Area	Strength & Stretch 10:05 – 10:55 AM Lap Area	Senior Water Fit 10:05—10:50 AM Lap Area	AquaStrong 8:05—8:50 AM Lap Area	Senior Water Fit 10:05—10:50 AM Lap Area	9:00 - 9:45a Family Area
Arthritis Aquatics 11:00—11:45 AM Family Area	11:00 - 11:20 AM Family Area	Arthritis Aquatics 11:00—11:45 AM Family Area	Water Fit 9:05—9:50 AM Lap Area		
Water Fit 5:35—6:20 PM Lap Area		Strength & Streetch 12:10 - 12:50 Family Area ***	Deep Water Fit 10:05—10:50 AM Lap Area		
		AquaStrong 5:35—6:20 PM Lap Area			

*** Wed Noon Strength & Stretch
Starts Wed Jan 19
It will skip the 2nd Wed each Month