



**MAY
2024**

ACTIVE OLDER ADULTS

FOND DU LAC FAMILY YMCA

To learn more about our Active Older Adults programming and opportunities visit our website at fdlymca.org or contact Jake Berger at jacob.berger@fdlymca.org.



AOA BOOK CLUB:

Last Thursday of the month.
11:30 am - 12:30 pm
Healthy Living Center
Books will be provided.

ALL SCHEDULES:



MAY AOA LAND FITNESS CLASSES

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
		LOW INTENSITY AEROBICS 7:15 - 7:45 am Studio 4	DEEP STRETCHING 6:15 - 7:00 am Studio 4	STEP & TONE 7:15 - 7:50 am Studio 4
ESSENTRICS® Aging Backwards 10:15 - 11:15 am Community Gym	SILVER SNEAKERS CLASSIC 10:15 - 11:15 am Community Gym	ZUMBA GOLD 10:00 - 10:45 am Studio 1	SILVER SNEAKERS CARDIO CIRCUIT 9:15 - 10:15 am Community Gym	
TAI CHI CONCEPTS 10:30 - 11:30 am Studio 4		ESSENTRICS® Aging Backwards 10:15 - 11:15 am Community Gym		
STRENGTH & BALANCE 1:30 - 2:15 pm Studio 4		STRENGTH & BALANCE 1:30 - 2:15 pm Studio 4		TAI CHI CONCEPTS 1:30 - 2:30 pm Studio 4

OUT TO LUNCH: MAY 14 11:30 am FAROS JUNE 11 11:30 am SCHMITTY'S

Join other AOA members for food, fun and fellowship.
Sign up at the Welcome Center desk.

**POOL
SCHEDULE
ON BACK**



NO OPEN SWIM DURING SWIM LESSONS



Family Pool @ Fond du Lac Family YMCA
March 11th - May 17th

90 W 2nd St
FOND DU LAC, WI 54935
(920) 921-3330

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Swim 5am - 8am	Open Swim 5am - 8am	Open Swim 5am - 8am	Open Swim 5am - 8am	Open Swim 5am - 2pm		
6am						Open Swim 6am - 9am	
7am		MORNING GRIND WATER AEROBICS Kelly (Instructor) 7am - 7:45am		MORNING GRIND WATER AEROBICS Kelly (Instructor) 7:15am - 8am			Open Swim 7am - 3:30pm
8am	WATER AEROBICS Carla (Instructor) 8:15am - 9am	MID-TEMPO AQUA BEATS Lynn (Instructor) 8:30am - 9:30am	POOL PARTY Keelyn (Instructor) 8am - 8:45am	MID-TEMPO AQUA BEATS Lynn (Instructor) 8:30am - 9:30am	MID-TEMPO AQUA BEATS Lynn (Instructor) 8:30am - 9:30am	SPLASH JAM Dorothy/ Tina 8am - 8:45am	
9am	TONE AND STRETCH Jean (Instructor) 9am - 9:55am	AQUA ABS & ARMS Lynn (Instructor) 9:30am - 10:30am	POOL PARTY Keelyn (Instructor) 9am - 9:45am	AQUA ABS & ARMS Lynn (Instructor) 9:30am - 10:30am	TONE AND STRETCH Jean (Instructor) 9:45am - 10:45am	Swim Lessons 9am - 11:30am	
10am	AQUA FIT Jean (Instructor) 10am - 10:55am	AQUA FIT Lenore (Instructor) 10:45am - 11:45am	TONE AND STRETCH Jean (Instructor) 10am - 10:55am	WATER YOGA Lenore (Instructor) 10:45am - 11:45am			
11am	AQUA FIT Lenore (Instructor) 11am - 12pm	Open Swim 11:30am - 4pm	AQUA FIT Jean (Instructor) 11am - 11:55am	Open Swim 11:30am - 4pm	AQUA FIT Lenore (Instructor) 11am - 11:55am	Open Swim 11:30am - 5:30pm	
12pm	Open Swim 11:30am - 4pm		Open Swim 11:30am - 4pm				
12pm				AQUA FIT Cindy (Instructor) 12pm - 12:45pm			
1pm		DEEP WATER POWER Cindy (Instructor) 1pm - 1:45pm		DEEP WATER POWER Cindy (Instructor) 1pm - 1:45pm		Water Slide 1pm - 3pm	Water Slide 1pm - 3pm
2pm					POOL CLOSED 2pm - 4pm		
4pm	Swim Lessons 4pm - 6pm	Swim Lessons 4pm - 7pm	Swim Lessons 4pm - 6pm	Swim Lessons 4pm - 7pm	Open Swim 4pm - 7pm		
6pm	SPLASH JAM Tina (Instructor) 6pm - 6:45pm	POOL PARTY Keelyn (Instructor) 6pm - 7pm	SPLASH JAM Tina (Instructor) 6pm - 6:45pm				
6pm	Open Swim 6pm - 8:30pm		Open Swim 6pm - 8:30pm				
7pm		Open Swim 7pm - 8:30pm		Open Swim 7pm - 8:30pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.

SPRING BREAK: No Swim Lessons March 30th–April 5th