

NO OPEN SWIM DURING SWIM LESSONS



Family Pool @ Fond du Lac Family YMCA
January 4th - February 28th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Swim 5am - 4pm	Open Swim 5am - 4pm	Open Swim 5am - 4pm	Open Swim 5am - 4pm	Open Swim 5am - 7pm		
6am						Open Swim 6am - 9am	
7am		MORNING GRIND WATER AEROBICS Kelly (Instructor) 7:15am - 8am		MORNING GRIND WATER AEROBICS Kelly (Instructor) 7:15am - 8am			Open Swim 7am - 3pm
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 - 9am	
9am	TONE AND STRETCH Jean (Instructor) 9am - 10am	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		Swim Lessons 9am - 11:30am	
10am	AQUA FIT Lenore (Instructor) 10:45am - 11:45am	AQUA FIT Lenore (Instructor) 10:45am - 11:45am	TONE AND STRETCH Jean (Instructor) 10am - 11am		AQUA FIT Lenore (Instructor) 10am - 11am		
11am			AQUA FIT Jean (Instructor) 11am - 12pm		TONE AND STRETCH Jean (Instructor) 11am - 12pm	Open Swim 11:30am - 5:30pm	
12pm				WALK & WARM-UP Cindy (Instructor) 12:30pm - 1pm			
1pm		SPLASH AND CHAT (formerly DEEP WATER POWER) Cindy (Instructor) 1pm - 1:45pm		SPLASH AND CHAT (formerly DEEP WATER POWER) Cindy (Instructor) 1pm - 1:45pm		Water Slide 1pm - 3pm	Water Slide 1pm - 3pm
3pm							Swim Lessons 3pm - 4pm
4pm	Swim Lessons 4pm - 6pm	Swim Lessons 4pm - 6:30pm	Swim Lessons 4pm - 6pm	Swim Lessons 4pm - 6:30pm			
6pm	SPLASH JAM Tina (Instructor) 6pm - 7pm	POOL PARTY Keelyn (Instructor) 6pm - 7pm	SPLASH JAM Tina (Instructor) 6pm - 7pm	Open Swim 6:30pm - 8:30pm			
	Open Swim 6pm - 8:30pm	Open Swim 6:30pm - 8:30pm	Open Swim 6pm - 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.