



Family Pool @ Fond du Lac Family YMCA
November 15th - December 1st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Swim 5am - 8:30pm	Open Swim 5am - 8:30pm	Open Swim 5am - 8:30pm	Open Swim 5am - 8:30pm	Open Swim 5am - 7pm	Open Swim 5am - 5:30pm	
7am		MORNING GRIND WATER AEROBICS Kelly (Instructor) 7:15am - 8am		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 - 9am	
9am		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			
10am	AQUA FIT Lenore (Instructor) 10:45am - 11:45am	AQUA FIT Lenore (Instructor) 10:45am - 11:45am			AQUA FIT Lenore (Instructor) 10am - 11am		
11am			WATER AEROBICS Carol (Instructor) 11am - 12pm				
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
6pm	SPLASH JAM Tina (Instructor) 6pm - 7pm	POOL PARTY Keelyn (Instructor) 6pm - 7pm	SPLASH JAM Tina (Instructor) 6pm - 7pm				

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.