

RESERVATIONS ARE REQUIRED FOR LAP SWIMMING



Lap 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	Lap Swim (4 Lanes) 5am - 7:55am	Lap Swim (4 Lanes) 5am - 8am	Lap Swim (4 Lanes) 5am - 7:30am	Lap Swim (4 Lanes) 5am - 8am	Lap Swim (4 Lanes) 5am - 8am		
6am						Lap Swim (4 Lanes) 6am - 7am	
7am						Redline Swim Workouts 7am - 8am	Lap Swim (4 Lanes) 7am - 2pm
8am	Lap Swim (2 Lanes) 8am - 9am	Lap Swim (2 Lanes) 8am - 10am	Lap Swim (2 Lanes) 8am - 9am	Lap Swim (2 Lanes) 8am - 10am	Lap Swim (2 Lanes) 8am - 10am	Lap Swim (4 Lanes) 8am - 9am	
	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		
9am	Lap Swim (4 Lanes) 9am - 4pm	Lap Swim (4 Lanes) 9am - 4pm	Lap Swim (4 Lanes) 9am - 4pm	Lap Swim (4 Lanes) 9am - 4pm		Swim Lessons (1 Lane) 9am - 11:30am	
						Lap Swim (3 Lanes) 9am - 11:30am	
10am					Lap Swim (4 Lanes) 10am - 7pm		
11am						Lap Swim (4 Lanes) 11:30am - 5:30pm	
2pm							Swim Lessons (1 Lane) 2pm - 3pm
							Lap Swim (3 Lanes) 2pm - 3:30pm
4pm	Lap Swim (3 Lanes) 4pm - 6pm	Lap Swim (3 Lanes) 4pm - 6:30pm	Lap Swim (3 Lanes) 4pm - 6pm	Lap Swim (3 Lanes) 4pm - 6:30pm			
	Swim Lessons (1 Lane) 4pm - 6pm	Swim Lessons (1 Lane) 4pm - 6:30pm	Swim Lessons (1 Lane) 4pm - 6pm	Swim Lessons (1 Lane) 4pm - 6:30pm			
6pm	Lap Swim (4 Lanes) 6pm - 8pm	Lap Swim (4 Lanes) 6:30pm - 8pm	Lap Swim (4 Lanes) 6pm - 8pm	Lap Swim (4 Lanes) 6:30pm - 8pm			

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.