

RESERVATIONS ARE REQUIRED FOR LAP SWIMMING



Lap 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	Lap Swim (4 Lanes) 5am - 7:55am	Lap Swim (4 Lanes) 5am - 8am	Lap Swim (4 Lanes) 5am - 7:55am	Lap Swim (4 Lanes) 5am - 8am	Lap Swim (4 Lanes) 5am - 8am		
6am						Lap Swim (4 Lanes) 6am - 5:30pm	
7am							Lap Swim (4 Lanes) 7am - 3:30pm
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		
	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 - 8pm	Lap Swim (4 Lanes) 9am - 8pm	Lap Swim (4 Lanes) 9am - 8pm	Lap Swim (4 Lanes) 9am - 8pm			
10am					Lap Swim (4 Lanes) 10am - 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.