

RESERVATIONS ARE REQUIRED FOR LAP SWIMMING



Lap Pool @ Fond du Lac Family YMCA
June 15th - August 24th

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 - 3:30pm	
7am							Lap Swim (4 Lanes) 7am - 11:30am
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 (3 Lanes) 9am - 12pm	Lap Swim (3 Lanes) 9am - 12pm	Lap Swim (3 Lanes) 9am - 12pm	Lap Swim (3 Lanes) 9am - 12pm			
	Swim Lessons (1 Lane) 9am - 12pm	Swim Lessons (1 Lane) 9am - 12pm	Swim Lessons (1 Lane) 9am - 12pm	Swim Lessons (1 Lane) 9am - 12pm			
10am					Lap Swim (4 Lanes) 10am - 3:30pm		
12pm	Lap Swim (4 Lanes) 12pm - 4pm	Lap Swim (4 Lanes) 12pm - 1pm	Lap Swim (4 Lanes) 12pm - 4pm	Lap Swim (4 Lanes) 12pm - 1pm			
1pm		DEEP WATER POWER Cindy (Instructor) 1pm - 1:45pm		DEEP WATER POWER Cindy (Instructor) 1pm - 1:45pm			
		Lap Swim (2 Lanes) 1pm - 2pm		Lap Swim (2 Lanes) 1pm - 2pm			
2pm		Lap Swim (4 Lanes) 2pm - 4pm		Lap Swim (4 Lanes) 2pm - 4pm			
4pm	Swim Lessons (1 Lane) 4pm - 6pm	Swim Lessons (1 Lane) 4pm - 6pm	Swim Lessons (1 Lane) 4pm - 6pm	Swim Lessons (1 Lane) 4pm - 6pm			
	Lap Swim (3 Lanes) 4pm - 6pm	Lap Swim (3 Lanes) 4pm - 6pm	Lap Swim (3 Lanes) 4pm - 6pm	Lap Swim (3 Lanes) 4pm - 6pm			
6pm	Lap Swim (4 Lanes) 6pm - 8pm	Lap Swim (4 Lanes) 6pm - 8pm	Lap Swim (4 Lanes) 6pm - 8pm	Lap Swim (4 Lanes) 6pm - 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.

NO SWIM LESSON: JULY 1ST – JULY 4TH