



Oshkosh Community YMCA Downtown Lap Pool Schedule Monthly Calendar For November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Lap Swim is open to swimmers of all ages who can proficiently swim the length of the pool</p> <p>**PLEASE SHARE THE LANES**</p>		<p>WE NEED YOU! Interested in joining our aquatics team as a Lifeguard or Swim Instructor? Please contact Daniel Anderson - DT Aquatics Director danielanderson@oshkoshymca.org Lifeguard training is provided FOR FREE when you are hired!</p>			<p>1</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 7:30p Lap (2)</p> <p>7:30p - 8:30p Lap (3)</p>	<p>2</p> <p>8a - 9a Lap (3)</p> <p>9a - 1p Lap (2)</p> <p>1p - 4:30p Lap (3)</p>
<p>3</p> <p>12p - 4:30p Lap (3)</p>	<p>4</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 5:30p Lap (2)</p> <p>5:30p - 6:30p WATER FIT</p> <p>6:30p - 8:30p Lap (3)</p>	<p>5</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 7:30p Lap (2)</p> <p>7:30p - 8:30p Lap (3)</p>	<p>6</p> <p>5a - 9a Lap (2)</p> <p>8a - 11a WATER FIT</p> <p>11a - 5:30p Lap (2)</p> <p>5:30p - 6:30p WATER FIT</p> <p>6:30p - 7:30p ADAPTIVE</p> <p>7:30p - 8:30p Lap (3)</p>	<p>7</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 7:30p Lap (2)</p> <p>7:30p - 8:30p Lap (3)</p>	<p>8</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 7:30p Lap (2)</p> <p>7:30p - 8:30p Lap (3)</p>	<p>9</p> <p>8a - 9a Lap (3)</p> <p>9a - 1p Lap (2)</p> <p>1p - 4:30p Lap (3)</p>
<p>10</p> <p>12p - 4:30p Lap (3)</p>	<p>11</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 5:30p Lap (2)</p> <p>5:30p - 6:30p WATER FIT</p> <p>6:30p - 8:30p Lap (3)</p>	<p>12</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 7:30p Lap (2)</p> <p>7:30p - 8:30p Lap (3)</p>	<p>13</p> <p>5a - 9a Lap (2)</p> <p>8a - 11a WATER FIT</p> <p>11a - 5:30p Lap (2)</p> <p>5:30p - 6:30p WATER FIT</p> <p>6:30p - 7:30p ADAPTIVE</p> <p>7:30p - 8:30p Lap (3)</p>	<p>14</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 7:30p Lap (2)</p> <p>7:30p - 8:30p Lap (3)</p>	<p>15</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 7:30p Lap (2)</p> <p>7:30p - 8:30p Lap (3)</p>	<p>16</p> <p>8a - 9a Lap (3)</p> <p>9a - 1p Lap (2)</p> <p>1p - 4:30p Lap (3)</p>
<p>17</p> <p>12p - 4:30p Lap (3)</p>	<p>18</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 5:30p Lap (2)</p> <p>5:30p - 6:30p WATER FIT</p> <p>6:30p - 8:30p Lap (3)</p>	<p>19</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 7:30p Lap (2)</p> <p>7:30p - 8:30p Lap (3)</p>	<p>20</p> <p>5a - 9a Lap (2)</p> <p>8a - 11a WATER FIT</p> <p>11a - 5:30p Lap (2)</p> <p>5:30p - 6:30p WATER FIT</p> <p>6:30p - 7:30p ADAPTIVE</p> <p>7:30p - 8:30p Lap (3)</p>	<p>21</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 7:30p Lap (2)</p> <p>7:30p - 8:30p Lap (3)</p>	<p>22</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 7:30p Lap (2)</p> <p>7:30p - 8:30p Lap (3)</p>	<p>23</p> <p>8a - 9a Lap (3)</p> <p>9a - 1p Lap (2)</p> <p>1p - 4:30p Lap (3)</p>
<p>24</p> <p>12p - 4:30p Lap (3)</p>	<p>25</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 5:30p Lap (2)</p> <p>5:30p - 6:30p WATER FIT</p> <p>6:30p - 8:30p Lap (3)</p>	<p>26</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 7:30p Lap (2)</p> <p>7:30p - 8:30p Lap (3)</p>	<p>27</p> <p>5a - 9a Lap (2)</p> <p>8a - 11a WATER FIT</p> <p>11a - 5:30p Lap (2)</p> <p>5:30p - 6:30p WATER FIT</p> <p>6:30p - 8:30p Lap (3)</p>	<p>28</p> <p>CLOSED FOR THANKSGIVING</p>	<p>29</p> <p>5a - 9a Lap (3)</p> <p>9a - 11a WATER FIT</p> <p>11a - 7:30p Lap (2)</p> <p>7:30p - 8:30p Lap (3)</p>	<p>30</p> <p>8a - 9a Lap (3)</p> <p>9a - 1p Lap (2)</p> <p>1p - 4:30p Lap (3)</p>

Schedule subject to change due to programs, lessons, and at Lifeguard discretion. For most up-to-date schedules, check out our Oshkosh Community YMCA App.

Water Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Fit 9:05 - 9:50 AM Lap Area	Power Current 8:05 - 8:50 AM Family Area	Ai Chi 8:00 - 8:45 AM Lap Area (2 lanes)	Power Current 8:05 - 8:50 AM Family Area	Deep Water Fit 9:05 - 9:50 AM Lap Area	Water Fit 8:05 - 8:50a Family Area
Forever Well 10:05 - 10:50 AM Lap Area	Water Fit 9:05 - 9:50 AM Lap Area	Water Fit 9:05 - 9:50 AM Lap Area	Water Fit 9:05 - 9:50 AM Lap Area	Forever Well 10:05 - 10:50 AM Lap Area	
Arthritis Aquatics 11:00 - 11:45 AM Family Area	Strength & Stretch 10:05 - 10:55 AM Lap Area	Senior Water Fit 10:05 - 10:50 AM Lap Area	Deep Water Fit 10:05 - 10:50 AM Lap Area		
Aqua Zumba 12:10 - 12:55 PM Family Area	11:00 - 11:20 AM Family Area	Arthritis Aquatics 11:00 - 11:45 AM Family Area			
Water Fit 5:35 - 6:20 PM Lap Area		Strength & Stretch 12:10 - 12:50 Family Area			
		Water Fit/Zumba 5:35 - 6:20 PM Lap Area			



Oshkosh Community YMCA Downtown Family Pool Schedule Monthly Calendar For November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>When the pool is CLOSED a YMCA aquatics program is occurring. We want to ensure a safe, fun experience to everyone during this busy time. During these times, <u>ONLY</u> the lazy river and <u>potentially</u> half the family pool will be available for use. Please don't use big pool floats at this time.</p>			<p><u>The Lazy River Water Spray</u> may be turned on during open swim provided no swim lessons or water fitness classes are occurring. Ask a lifeguard if you are interested.</p>		1 5a - 8:30p Open	2 8a - 9a WATER FIT 9a - 12:15p 1/2 Open 12:15p - 4:30p Open
					3 12p - 4:30p Open	4 5a - 11a Open 11a -1p WATER FIT 1p - 4p Open 4p - 5:30p 1/2 Open 5:30p - 8:30p Open
10 12p - 4:30p Open	11 5a - 11a Open 11a -1p WATER FIT 1p - 4p Open 4p - 5:30p 1/2 Open 5:30p - 8:30p Open	12 5a - 8a Open 8a - 9a WATER FIT 9a - 10:30a 1/2 Open 10:30a - 4p Open 4p - 6:30p 1/2 Open 6:30p - 8:30p Open	13 5a - 10a Open 10a - 11a 1/2 Open 11a -1p WATER FIT 1p -2:45p Open 2:45p - 5:30p 1/2 Open 5:30p - 6:30p Open 6:30p - 7:30p ADAPTIVE 7:30p - 8:30p Open	14 5a - 8a Open 8a - 9a WATER FIT 9a - 1p Open 1p - 6:30p 1/2 Open 6:30p - 8:30p Open	15 5a - 8:30p Open	16 8a - 9a WATER FIT 9a - 12:15p 1/2 Open 12:15p - 4:30p Open
17 12p - 4:30p Open	18 5a - 11a Open 11a -1p WATER FIT 1p - 4p Open 4p - 5:30p 1/2 Open 5:30p - 8:30p Open	19 5a - 8a Open 8a - 9a WATER FIT 9a - 10:30a 1/2 Open 10:30a - 4p Open 4p - 6:30p 1/2 Open 6:30p - 8:30p Open	20 5a - 10a Open 10a - 11a 1/2 Open 11a -1p WATER FIT 1p -2:45p Open 2:45p - 5:30p 1/2 Open 5:30p - 6:30p Open 6:30p - 7:30p ADAPTIVE 7:30p - 8:30p Open	21 5a - 8a Open 8a - 9a WATER FIT 9a - 1p Open 1p - 6:30p 1/2 Open 6:30p - 8:30p Open	22 5a - 8:30p Open	23 8a - 9a WATER FIT 9a - 12:15p 1/2 Open 12:15p - 4:30p Open
24 12p - 4:30p Open	25 5a - 11a Open 11a -1p WATER FIT 1p - 8:30p Open	26 5a - 8a Open 8a - 9a WATER FIT 10:30a - 8:30p Open	27 5a - 11a Open 11a -1p WATER FIT 1p -8:30p Open	28 CLOSED FOR THANKSGIVING	29 5a - 8:30p Open	30 8a - 9a WATER FIT 9a - 4:30p Open

Lazy River: Available for walking/open swim when the aquatic facility is open.

Please share the river!

Sauna, Steam Room, & Hot Tub are open when the aquatic facility is open, *except when stated otherwise by program*

The **ENTIRE** Pool will be **CLOSED** from 6:30p - 7:30p for our Adaptive Program the **FIRST THREE** Wednesdays of the month

WATER FIT and other full pool closures are in yellow

LESSONS and other half pool closures are in blue

**** AI CHI WILL TAKE 2 LANES IF CLASS SIZE IS 4 OR MORE****