



# Oshkosh Community YMCA Downtown Family Pool Schedule Monthly Calendar For March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>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.</b>			<b>The Lazy River Water Spray can be turned on during open swim provided no activities are occurring. Ask a lifeguard if you are interested.</b>			<b>1</b> 8a - 9a WATER FIT 9a - 12:15p 1/2 Open 12:15p - 4:30p Open
<b>2</b> 12p - 4:30p Open	<b>3</b> 5a - 11a Open 11a - 1p WATER FIT 1p - 4p Open 4p - 4:45p 1/2 Open 4:45p - 6:30p Open 6:30p - 7:30p ADAPTIVE 7:30p - 8:30p Open	<b>4</b> 5a - 8a Open 8a - 9a WATER FIT 9a - 11:30a 1/2 Open 11:30a - 4p Open 4p - 6:30p 1/2 Open 6:30p - 8:30p Open	<b>5</b> 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 - 8:30p Open	<b>6</b> 5a - 8a Open 8a - 9a WATER FIT 9a - 11a Open 11a - 12p 1/2 Open 12p - 2:45p Open 2:45p - 6:30p 1/2 Open 6:30p - 8:30p Open	<b>7</b> 5a - 8:30p Open	<b>8</b> 8a - 9a WATER FIT 9a - 12:15p 1/2 Open 12:15p - 4:30p Open
<b>9</b> 12p - 4:30p Open	<b>10</b> 5a - 11:30a Open 11:30a - 2:30p SAW 2:30p - 4p Open 4p - 4:45p 1/2 Open 4:45p - 6:30p Open 6:30p - 7:30p ADAPTIVE 7:30p - 8:30p Open	<b>11</b> 5a - 8a Open 8a - 9a WATER FIT 9a - 11:30a 1/2 Open 11:30a - 4p Open 4p - 6:30p 1/2 Open 6:30p - 8:30p Open	<b>12</b> 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 - 8:30p Open	<b>13</b> 5a - 8a Open 8a - 9a WATER FIT 9a - 11a Open 11a - 12p 1/2 Open 12p - 2:45p Open 2:45p - 6:30p 1/2 Open 6:30p - 8:30p Open	<b>14</b> 5a - 8:30p Open	<b>15</b> 8a - 9a WATER FIT 9a - 12:15p 1/2 Open 12:15p - 4:30p Open
<b>16</b> 12p - 4:30p Open	<b>17</b> 5a - 11a Open 11a - 1p WATER FIT 1p - 4p Open 4p - 4:45p 1/2 Open 4:45p - 8:30p Open	<b>18</b> 5a - 8a Open 8a - 9a WATER FIT 9a - 11a Open 11a - 11:30a 1/2 Open 11:30a - 4p Open 4p - 6:30p 1/2 Open 6:30p - 8:30p Open	<b>19</b> 5a - 11a Open 11a - 1p WATER FIT 1p - 4p Open 4p - 5:30p 1/2 Open 5:30p - 8:30p Open	<b>20</b> 5a - 8a Open 8a - 9a WATER FIT 9a - 11a Open 11a - 12p 1/2 Open 12p - 2:45p Open 2:45p - 6:30p 1/2 Open 6:30p - 8:30p Open	<b>21</b> 5a - 8:30p Open	<b>22</b> 8a - 9a WATER FIT 9a - 12:15p 1/2 Open 12:15p - 4:30p Open
<b>23</b> 12p - 4:30p Open	<b>24</b> 5a - 11a Open 11a - 1p WATER FIT 1p - 8:30p Open	<b>25</b> 5a - 8a Open 8a - 9a WATER FIT 9a - 11a Open 11a - 11:30a 1/2 Open 11:30a - 8:30p Open	<b>26</b> 5a - 11a Open 11a - 1p WATER FIT 1p - 8:30p Open	<b>27</b> 5a - 8a Open 8a - 9a WATER FIT 9a - 11a Open 11a - 12p 1/2 Open 12p - 8:30p Open	<b>28</b> 5a - 8:30p Open	<b>29</b> 8a - 9a WATER FIT 9a - 4:30p Open
<b>30</b> 12p - 4:30p Open	<b>31</b> 11a - 1p WATER FIT 1p - 4p Open 4p - 4:45p 1/2 Open 4:45p - 6:30p Open 6:30p - 7:30p ADAPTIVE 7:30p - 8:30p Open	<b>REMINDER: The entire Aquatics Department will be <u>CLOSED</u> from roughly 11:30am - 2:30pm on <u>Monday March 10th</u> for our Safety Around Water (SAW) Program. This will include the Whirlpool, Sauna, and Steamroom</b>			<b>Adaptive Aquatics dates in March: 3rd, 10th, &amp; 31st from 6:30p - 7:30p Remember the Lap Pool, Family Pool and Whirlpool will be closed at this time</b>	

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.

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

**Please share the river!**

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

March 4th The Oshkosh Fire Department will be using the DEEP END of the LAP POOL from 9:00a - 11:00a

MARCH 10th the ENTIRE Aquatics Department will be closed from roughly 11:30a - 2:30p for our SAW Program

ADAPTIVE DATES: MARCH 3rd, 10th, and 31st from 6:30 - 7:30p REMEMBER the ENTIRE pool and whirlpool are CLOSED at this time

FULL POOL CLOSURES like water fit are in yellow

HALF POOL CLOSURES like swim lessons are in blue



## Oshkosh Community YMCA Downtown Lap Pool Schedule Monthly Calendar For March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>WE NEED YOU!</b> 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 <b>FOR FREE</b> when you are hired!			<b>REMINDER:</b> The entire Aquatics Department will be <b>CLOSED</b> from roughly 11:30am - 2:30pm on <u>Monday March 10th</u> for our Safety Around Water (SAW) Program. This will include the Whirlpool, Sauna, and Steamroom			<b>1</b> 8a - 9a Lap (3) <b>9a - 11:30a Lap (2)</b> 11:30a - 4:30p Lap (3)
<b>2</b> 12p - 4:30p Lap (3)	<b>3</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 4p Lap (3) <b>4p - 5:30p Lap (2)</b> <b>5:30p - 6:30p WATER FIT</b> <b>6:30p - 7:30p ADAPTIVE</b> 7:30p - 8:30p Lap (3)	<b>4</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11:05a - 4p Lap (3) <b>4p - 7:15p Lap (2)</b> 7:15p - 8:30p (Lap 3)	<b>5</b> 5a - 8a Lap (3) <b>8a - 9a Ai Chi</b> <b>9a - 11a WATER FIT</b> <b>11a - 12p Lap (2)</b> 12p - 4p Lap (3) <b>4p - 5:30p Lap (2)</b> <b>5:30p - 6:30p WATER FIT</b> 6:30p - 8:30p Lap (3)	<b>6</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11:05a - 2p Lap (3) <b>2p - 7:15p Lap (2)</b> 7:15p - 8:30p Lap (3)	<b>7</b> 5a - 8:55a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 5:30p Lap (3) <b>5:30 - 6:30p WATER FIT</b> 6:30p - 8:30p Lap (3)	<b>8</b> 8a - 9a Lap (3) <b>9a - 11:30a Lap (2)</b> 11:30a - 4:30p Lap (3)
<b>9</b> 12p - 4:30p Lap (3)	<b>10</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 11:30a Lap (3) <b>11:30a - 2:30p SAW</b> 2:30p - 4p Lap (3) <b>4p - 5:30p Lap (2)</b> <b>5:30p - 6:30p WATER FIT</b> <b>6:30p - 7:30p ADAPTIVE</b> 7:30p - 8:30p Lap (3)	<b>11</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11:05a - 4p Lap (3) <b>4p - 7:15p Lap (2)</b> 7:15p - 8:30p (Lap 3)	<b>12</b> 5a - 8a Lap (3) <b>8a - 9a Ai Chi</b> <b>9a - 11a WATER FIT</b> <b>11a - 12p Lap (2)</b> 12p - 4p Lap (3) <b>4p - 5:30p Lap (2)</b> <b>5:30p - 6:30p WATER FIT</b> 6:30p - 8:30p Lap (3)	<b>13</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11:05a - 2p Lap (3) <b>2p - 7:15p Lap (2)</b> 7:15p - 8:30p Lap (3)	<b>14</b> 5a - 8:55a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 5:30p Lap (3) <b>5:30 - 6:30p WATER FIT</b> 6:30p - 8:30p Lap (3)	<b>15</b> 8a - 9a Lap (3) <b>9a - 11:30a Lap (2)</b> 11:30a - 4:30p Lap (3)
<b>16</b> 12p - 4:30p Lap (3)	<b>17</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 4p Lap (3) <b>4p - 5:30p Lap (2)</b> <b>5:30p - 6:30p WATER FIT</b> 6:30p - 8:30p Lap (3)	<b>18</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11:05a - 4p Lap (3) <b>4p - 7:15p Lap (2)</b> 7:15p - 8:30p (Lap 3)	<b>19</b> 5a - 8a Lap (3) <b>8a - 9a Ai Chi</b> <b>9a - 11a WATER FIT</b> <b>11a - 12p Lap (2)</b> 12p - 4p Lap (3) <b>4p - 5:30p Lap (2)</b> <b>5:30p - 6:30p WATER FIT</b> 6:30p - 8:30p Lap (3)	<b>20</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11:05a - 4p Lap (3) <b>4p - 7:15p Lap (2)</b> 7:15p - 8:30p (Lap 3)	<b>21</b> 5a - 8:55a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 5:30p Lap (3) <b>5:30 - 6:30p WATER FIT</b> 6:30p - 8:30p Lap (3)	<b>22</b> 8a - 9a Lap (3) <b>9a - 11:30a Lap (2)</b> 11:30a - 4:30p Lap (3)
<b>23</b> 12p - 4:30p Lap (3)	<b>24</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 5:30p Lap (3) <b>5:30p - 6:30p WATER FIT</b> 6:30p - 8:30p Lap (3)	<b>25</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 8:30p Lap (3)	<b>26</b> 5a - 8a Lap (3) <b>8a - 9a Ai Chi</b> <b>9a - 11a WATER FIT</b> 11a - 5:30p Lap (3) <b>5:30p - 6:30p WATER FIT</b> 6:30p - 8:30p Lap (3)	<b>27</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11:05a - 8:30p Lap (3)	<b>28</b> 5a - 8:55a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 5:30p Lap (3) <b>5:30 - 6:30p WATER FIT</b> 6:30p - 8:30p Lap (3)	<b>29</b> 8a - 4:30p Lap (3)
<b>30</b> 12p - 4:30p Lap (3)	<b>31</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 4p Lap (3) <b>4p - 5:30p Lap (2)</b> <b>5:30p - 6:30p WATER FIT</b> <b>6:30p - 7:30 ADAPTIVE</b> 7:30p - 8:30p Lap (3)	<b>Adaptive Aquatics dates in March: 3rd, 10th, &amp; 31st from 6:30p - 7:30p Remember the Lap Pool, Family Pool and Whirlpool will be closed at this time</b>		<b>Lap Swim is open to swimmers of all ages who can proficiently swim the length of the pool. Open Swim is available any time lap swim is available as well and may be done in ONLY lane 1 **Swimmers under the age of 16 will be required to take a swim test. See a lifeguard to take one**</b>		
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.						

**\*\* PLEASE SHARE THE LANES \*\***

### Water Fitness Classes

Please check our new separate Water Fitness Classes sheet for details about Water Fitness Classes!



## Oshkosh Community YMCA

### Downtown Water Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Fit 9:05 - 9:50 AM Jen Shields Lap Pool	Power Current 8:05 - 8:50 AM Megan McClellan Family Pool	Ai Chi 8:00 - 8:45 AM Nancy Decker Lap Pool	Power Current 8:05 - 8:50 AM Megan McClellan Family Pool	Deep Water Fit 9:05 - 9:50 AM Jen Shields Lap Pool	Power Current 8:05 - 8:50a Gus Larson Family Pool
Forever Well 10:05 - 10:50 AM Jen Shields Lap Pool	Water Fit 9:05 - 9:50 AM Carol Hunke Lap Pool	Water Fit 9:05 - 9:50 AM Jen Shields Lap Pool	Water Fit 9:05 - 9:50 AM Carol Hunke Lap Pool	Forever Well 10:05 - 10:50 AM Jen Shields Lap Pool	
Arthritis Aquatics 11:00 - 11:45 AM Chris Gruber Family Pool	Strength & Stretch 10:05 - 10:55 AM Sue Panek Lap Pool	Senior Water Fit 10:05 - 10:50 AM Jen Shields Lap Pool	Deep Water Fit 10:05 - 10:50 AM Jen Shields Lap Pool	Water Fit 5:35 - 6:20 PM Rotates Weekly** Lap Pool	
Aqua Zumba 12:10 - 12:55 PM Rachel Ben-Ismael Family Pool	Strength & Stretch 11:00 - 11:20 AM Sue Panek Family Pool	Arthritis Aquatics 11:00 - 11:45 AM Chris Gruber Family Pool	Aqua Yoga 11:05 - 11:50 Jim Crane Family Pool		
Water Fit 5:35 - 6:20 PM Rotates Weekly** Lap Pool		Strength & Stretch 12:00 - 12:45 Sue Panek Family Pool  Water Fit/Zumba 5:35 - 6:20 PM Rotates Weekly** Lap Pool			

**\*\* These classes consistently rotate instructors weekly. Check our App for the most accurate information on who's teaching! \*\***

### Water Fitness Class Descriptions

<b>AiChi - Taught by Nancy D.</b>	<b>Aqua HIIT - Taught by Mel K.</b>	<b>Aqua Yoga - Taught by Jim C.</b>	<b>Aqua Zumba - Taught by Rachel B.</b>
Combining elements of tai chi, quigon, Shiatsu and Watsu techniques in the natural buoyancy of water. Ai Chi involves slow, broad movements with deep breaths.	Try our newest water fitness class. We're bringing HIIT to the water! High-intensity interval training (HIIT) is alternating short intense exercise with brief rest. Being in the water will take the stress away from your joints but add resistance!	Supported by water's natural buoyancy, this unique version of yoga enhances flexibility, strength and balance while reducing stress on joints. Perfect for all levels.	Physical conditioning through Latin dance inspired movements. This is a medium impact workout in shallow water. Great for beginners and intermediate exercisers.
<b>Arthritis Aquatics - Taught by Chris G.</b>	<b>Deep Water Fit - Taught by Jen S. &amp; Betty Z.</b>	<b>Forever Well - Taught by Jen S.</b>	<b>Power Current - Taught by Megan M. Gus L. &amp; Mel K.</b>
This class offers water exercises that are recommended by the Arthritis Foundation for joint movement and maintaining strength.	Deep Water Fit is held in the deep end of the lap pool. No impact on your joints but a great workout for strength and core building.	Forever Well is a senior oriented class designed to be less strenuous. Focus is more on toning, stretching, and flexibility. Participants also enjoy a social and recreational component.	Looking for something more fast paced? This walk/run/jog class takes the stress of running away from your joints by moving through the water.
<b>Senior Water Fit - Taught by Jen S.</b>	<b>Strength &amp; Stretch - Taught by Sue P. &amp; Chris G.</b>	<b>Water Fit - Taught by ALL instructors.</b>	
Senior Water Fit is a senior oriented class designed to be less strenuous. Focus is more on toning, stretching, and flexibility. Participants also enjoy a social and recreational component.	Strength & Stretch uses resistance apparatus, water fitness dumbbells, noodles, and kick boards you will build strength and balance while stretching major muscles and joints.	Water Fit is the best workout you'll ever have! Come play in the pool with us!	

**PLEASE REMEMBER. Due to instructor availability a different instructor may cover different water fitness classes and may teach their preferred class. Check the Oshkosh YMCA APP for the most accurate information on who's teaching where!**