



Oshkosh Community YMCA Downtown Family Pool Schedule Monthly Calendar For May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Lazy River Water Spray can be turned on during open swim provided no activities are occurring. Ask a lifeguard if you are interested.	When the pool is <u>CLOSED</u> a YMCA aquatics program is occurring. We want to ensure a safe, fun experience to everyone during this busy time. During these times, <u>POTENTIALLY ONLY</u> the lazy river and half the family pool will be available for use. Please don't use big pool floats at this time.			1 5a - 8a Open 8a - 9a WATER FIT 9a - 11a Open 11a - 12p 1/2 Open 12p - 2:45p Open 2:45p - 5:30p 1/2 Open 5:30p - 8:30p Open	2 5a - 8:30p Open	3 8 - 9a WATER FIT 9 - 12:15p 1/2 Open 12:15 - 4:30p Open
4 12p - 4:30p Open	5 5a - 11a Open 11a - 1p WATER FIT 1p - 4p Open 4p - 8:30p 1/2 Open	6 5a - 8a Open 8a - 9a WATER FIT 9a - 11:30a 1/2 Open 11:30a - 4p Open 4p - 7:15p 1/2 Open 7:15p - 8:30p Open	7 5a - 10a Open 10a - 11a 1/2 Open 11a - 1p WATER FIT 1p - 2:45p Open 2:45p - 8:30p 1/2 Open	8 5a - 8a Open 8a - 9a WATER FIT 9a - 11a Open 11a - 12p 1/2 Open 12p - 2:45p Open 2:45p - 5:30p 1/2 Open 5:30p - 8:30p Open	9 5a - 8:30p Open 5:00 - 7:00p Water Safety Night	10 8 - 9a WATER FIT 9 - 12:15p 1/2 Open 12:15 - 4:30p Open
11 12p - 4:30p Open	12 5a - 11a Open 11a - 1p WATER FIT 1p - 4p Open 4p - 5:30p 1/2 Open 5:30p - 8:30p Open	13 5a - 8a Open 8a - 9a WATER FIT 9a - 11:30a 1/2 Open 11:30a - 4p Open 4p - 7:15p 1/2 Open 7:15p - 8:30p Open	14 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	15 5a - 8a Open 8a - 9a WATER FIT 9a - 11a Open 11a - 12p 1/2 Open 12p - 2:45p Open 2:45p - 5:30p 1/2 Open 5:30p - 8:30p Open	16 5a - 8:30p Open	17 8 - 9a WATER FIT 9 - 12:15p 1/2 Open 12:15 - 4:30p Open
18 12p - 4:30p Open	19 5a - 11a Open 11a - 1p WATER FIT 1p - 4p Open 4p - 5:30p 1/2 Open 5:30p - 7:30p Open	20 5a - 8a Open 8a - 9a WATER FIT 9a - 11:30a 1/2 Open 11:30a - 4p Open 4p - 7:15p 1/2 Open 7:15p - 7:30p Open	21 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 - 7:30p Open	22 5a - 8a Open 8a - 9a WATER FIT 9a - 11a Open 11a - 12p 1/2 Open 12p - 2:45p Open 2:45p - 5:30p 1/2 Open 5:30p - 7:30p Open	23 5a - 7:30p Open	24 8 - 9a WATER FIT 9 - 11:30p 1/2 Open
25	26	27	28	29	30	31
CLOSED FOR MAINTAINENCE & SERVICING - SEE YOU JUNE 9TH						
Schedule subject to change due to programs, lessons, and at Lifeguard discretion. For the most up-to-date schedule, 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*

The ENTIRE Aquatics Department will be closed from May 25th - June 8th for our annual pool shut down to do maintainence and servicing.
NO patrons will be allowed on the pool deck, this includes Whirlpool, Sauna and Steamroom.

May 5th and 7th half of the Family pool may be closed from 6:30 - 8:30p for our YSL Program.

May 12th 2 Lanes in the Lap pool will be used for a Boy Scout Swim Test from 6:30 - 8:30p.

May 9th from 5:00 - 7:00p the Lap pool will be closed for Water Safety Night. The Family pool will remain open.

May 19th starts our Summer Hours. Remember the entire Aquatics Department closes 30 minutes before the building does.

FULL POOL CLOSURES like Adaptive are in yellow

HALF POOL CLOSURES like swim lessons are in blue



Oshkosh Community YMCA Downtown Lap Pool Schedule Monthly Calendar For May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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!		1 5a - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 4p Lap (3) 4p - 7:15p Lap (2) 7:15p - 8:30p (Lap 3)	2 5a - 8a Lap (3) 8a - 9a Ai Chi 9a - 11a WATER FIT 11a - 12p Lap (2) 12p - 4:00p Lap (3) 4:00p - 5:30p Lap (2) 5:30p - 6:30p WATER FIT 6:30p - 8:30p Lap (3)	1 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 4p Lap (3) 4p - 7:15p Lap (2) 7:15p - 8:30p Lap (3)	2 5a - 8:55a Lap (3) 9a - 11a WATER FIT 11a - 5:30p Lap (3) 5:30 - 6:30p WATER FIT 6:30p - 8:30p Lap (3)	3 8a - 9a Lap (3) 9a - 12:15p Lap (2) 12:15p - 4:30p Lap (3)
	4 12p - 4:30p Lap (3)	5 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 4p Lap (3) 4p - 5:30p Lap (2) 5:30p - 6:30p WATER FIT 6:30p - 8:30 Lap (3)	6 5a - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 4p Lap (3) 4p - 7:15p Lap (2) 7:15p - 8:30p (Lap 3)	7 5a - 8a Lap (3) 8a - 9a Ai Chi 9a - 11a WATER FIT 11a - 12p Lap (2) 12p - 4:00p Lap (3) 4:00p - 5:30p Lap (2) 5:30p - 6:30p WATER FIT 6:30p - 8:30p Lap (3)	8 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 4p Lap (3) 4p - 7:15p Lap (2) 7:15p - 8:30p Lap (3)	9 5a - 8:55a Lap (3) 9a - 11a WATER FIT 11a - 5:00p Lap (3) 5:00 - 7:00p CLOSED Water Safety Night 7:00p - 8:30p Lap (3)
	11 12p - 4:30p Lap (3)	12 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 4p Lap (3) 4p - 5:30p Lap (2) 5:30p - 6:30p WATER FIT 6:30p - 8:30p Lap (2)	13 5a - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 4p Lap (3) 4p - 7:15p Lap (2) 7:15p - 8:30p (Lap 3)	14 5a - 8a Lap (3) 8a - 9a Ai Chi 9a - 11a WATER FIT 11a - 12p Lap (2) 12p - 4:00p Lap (3) 4:00p - 5:30p Lap (2) 5:30p - 6:30p WATER FIT 6:30p - 8:30p Lap (3)	15 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 4p Lap (3) 4p - 7:15p Lap (2) 7:15p - 8:30p Lap (3)	16 5a - 8:55a Lap (3) 9a - 11a WATER FIT 11a - 5:30p Lap (3) 5:30 - 6:30p WATER FIT 6:30p - 8:30p Lap (3)
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**** 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 Sheilds 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 Sheilds Lap Pool	Power Current 8:05 - 8:50a Gus Larson Family Pool
ForeverWell 10:05 - 10:50 AM Jen Sheilds Lap Pool	Water Fit 9:05 - 9:50 AM Carol Hunke Lap Pool	Water Fit 9:05 - 9:50 AM Jen Sheilds Lap Pool	Water Fit 9:05 - 9:50 AM Carol Hunke Lap Pool	ForeverWell 10:05 - 10:50 AM Jen Sheilds Lap Pool	
FW - Arthritis Aquatics 11:00 - 11:45 AM Chris Gruber Family Pool	Strength & Stretch 10:05 - 10:55 AM Sue Panek Lap Pool	ForeverWell 10:05 - 10:50 AM Jen Sheilds Lap Pool	Deep Water Fit 10:05 - 10:50 AM Jen Sheilds Lap Pool	Water Fit/Zumba 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	FW - 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

Water Fit - Taught by ALL instructors.	ForeverWell - Taught by Jen	Aqua Yoga - Taught by Jim	Aqua Zumba - Taught by Rachel & Kate
Water Fit is the best workout you'll ever have! Come play in the pool with us!	ForeverWell 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.	Supported by water's natural buoyancy, this unique verion 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.
Aqua HIIT - Taught by Mel	Deep Water Fit - Taught by Jen & Betty	Power Current - Taught by Megan, Gus, & Mel	
Try our newest water fitness class. We're bringing HIIT to the water! High-intensity interval training (HIIT) is alternating short intense excersize with brief rest. Being in the water will take the stress away from your joints but add resistance!	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.	Looking for something more fast paced? This walk/run/jog class takes the stress of running away from your joints by moving though the water.	
ForeverWell Arthritis Aquatics - Taught by Chris G.	Strength & Stretch - Taught by Sue P. & Chris G.	AiChi - Taught by Nancy	
This class offers water exercises that are recommended by the Arthritis Foundation for joint movement and maintaining strength.	Strength & Stretch uses resistance apparatus, water fitness dumbbells, noodles, and kick boards you will build strength and balance while stretching major muscles and joints.	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.	

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