



# Oshkosh Community YMCA Downtown Family Pool Schedule

Monthly Calendar For June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
CLOSED FOR MAINTAINENCE & SERVICING - SEE YOU JUNE 9TH						
8 CLOSED	9 5a - 11a Open 11a - 1p WATER FIT 1p - 4p Open 4p - 5:30p 1/2 Open 5:30p - 7:30p Open	10 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 - 7:30p Open	11 5a - 11a Open 11a - 1p WATER FIT 1p - 2:45p Open 2:45p - 5:30p 1/2 Open 5:30p - 7:30p Open	12 5a - 8a Open 8a - 9a WATER FIT 9a - 2:45p Open 2:45p - 6:30p 1/2 Open 6:30p - 7:30p Open	13 5a - 7:30p Open	14 8 - 9a WATER FIT 9 - 11:30a 1/2 Open
15 CLOSED	16 5a - 10a Open 10a - 11a 1/2 Open 11a - 1p WATER FIT 1p - 4p Open 4p - 5:30p 1/2 Open 5:30p - 7:30p Open	17 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 - 7:30p Open	18 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	19 5a - 8a Open 8a - 9a WATER FIT 9a - 10a Open 10a - 11a 1/2 Open 11a - 2:45p Open 2:45p - 6:30p 1/2 Open 6:30p - 7:30p Open	20 5a - 7:30p Open	21 8 - 9a WATER FIT 9 - 11:30a 1/2 Open
22 CLOSED	23 5a - 10a Open 10a - 11a 1/2 Open 11a - 1p WATER FIT 1p - 4p Open 4p - 5:30p 1/2 Open 5:30p - 7:30p Open	24 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 - 7:30p Open	25 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	26 5a - 8a Open 8a - 9a WATER FIT 9a - 10a Open 10a - 11a 1/2 Open 11a - 2:45p Open 2:45p - 6:30p 1/2 Open 6:30p - 7:30p Open	27 5a - 7:30p Open	28 8 - 9a WATER FIT 9 - 11:30p 1/2 Open
29 CLOSED	30 5a - 11a Open 11a - 1p WATER FIT 1p - 4p Open 4p - 5:30p 1/2 Open 5:30p - 7:30p Open	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 <b>CLOSED</b> a YMCA aquatics program is occurring. We want to ensure a safe, fun experience to everyone during this busy time. During these times, <b>POTENTIALLY ONLY</b> the lazy river and half the family pool will be available for use. Please don't use big pool floats at this time.		

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.

FULL POOL CLOSURES like Water Fit are in Orange

HALF POOL CLOSURES like Swim Lessons are in Blue

Warnings like Pool Closures or Special Events like Adaptive will be in Red



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
CLOSED FOR MAINTAINENCE & SERVICING - SEE YOU JUNE 9TH						
8 CLOSED	9 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 - 7:30 Lap (3)	10 5a - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 4p Lap (3) 4p - 6:30p Lap (2) 6:30p - 7:30p (Lap 3)	11 5a - 8a Lap (3) 8a - 9a Ai Chi 9a - 11a WATER FIT 11a - 4:00p Lap (3) 4:00p - 5:30p Lap (2) 5:30p - 6:30p WATER FIT 6:30p - 7:30p Lap (3)	12 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 4p Lap (3) 4p - 6:30p Lap (2) 6:30p - 7:30p Lap (3)	13 5a - 8:55a Lap (3) 9a - 11a WATER FIT 11a - 5:30p Lap (3) 5:30 - 6:30p WATER FIT 6:30p - 7:30p Lap (3)	14 8a - 9a Lap (3) 9a - 11:30p Lap (2)
15 CLOSED	16 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 12p Lap (2) 12p - 4p Lap (3) 4p - 5:30p Lap (2) 5:30p - 6:30p WATER FIT 6:30p - 7:30 Lap (3)	17 5a - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 4p Lap (3) 4p - 6:30p Lap (2) 6:30p - 7:30p (Lap 3)	18 5a - 8a Lap (3) 8a - 9a Ai Chi 9a - 11a WATER FIT 11a - 12p Lap (2) 12p - 4p Lap (3) 4p - 5:30p Lap (2) 5:30p - 6:30p WATER FIT 6:30p - 7:30 Lap (3)	19 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 12p Lap (2) 12p - 4p Lap (3) 4p - 6:30p Lap (2) 6:30p - 7:30p Lap (3)	20 5a - 8:55a Lap (3) 9a - 11a WATER FIT 11a - 5:30p Lap (3) 5:30 - 6:30p WATER FIT 6:30p - 7:30p Lap (3)	21 8a - 9a Lap (3) 9a - 11:30p Lap (2)
22 CLOSED	23 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 12p Lap (2) 12p - 4p Lap (3) 4p - 5:30p Lap (2) 5:30p - 6:30p WATER FIT 6:30p - 7:30 Lap (3)	24 5a - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 4p Lap (3) 4p - 6:30p Lap (2) 6:30p - 7:30p (Lap 3)	25 5a - 8a Lap (3) 8a - 9a Ai Chi 9a - 11a WATER FIT 11a - 12p Lap (2) 12p - 4p Lap (3) 4p - 5:30p Lap (2) 5:30p - 6:30p WATER FIT 6:30p - 7:30 Lap (3)	26 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 12p Lap (2) 12p - 4p Lap (3) 4p - 6:30p Lap (2) 6:30p - 7:30p Lap (3)	27 5a - 8:55a Lap (3) 9a - 11a WATER FIT 11a - 5:30p Lap (3) 5:30 - 6:30p WATER FIT 6:30p - 7:30p Lap (3)	28 8a - 9a Lap (3) 9a - 11:30p Lap (2)
29 CLOSED	30 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 - 7:30 Lap (3)	<b>WE NEED YOU!</b> Interested in joining our aquatics team as a Lifeguard or Swim Instructor? Please contact Daniel Anderson - DT Aquatics Director <a href="mailto:danielanderson@oshkoshymca.org">danielanderson@oshkoshymca.org</a> Lifeguard training is provided <b>FOR FREE</b> when you are hired!				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 <b>ONLY</b> lane 1. **Swimmers under the age of 16 will be required to take a swim test. See a lifeguard to take one**

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.

**\*\* 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 Sue P. when Available 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 Taking a Break 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 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.	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 exercise 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 through the water.
ForeverWell Arthritis Aquatics - Taught by Sue P.	Strength & Stretch - Taught by Sue P.	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 preferred class. Check the Oshkosh YMCA APP for the most accurate information on who's teaching where!**