



Oshkosh Community YMCA Downtown Family Pool Schedule Monthly Calendar For July 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.		1 5a - 8a Open	2 5a - 11a Open	3 5a - 8a Open	4 CLOSED HAPPY 4th!	5 8 - 9a WATER FIT
		8a - 9a WATER FIT	11a - 1p WATER FIT	8a - 9a WATER FIT		9 - 11:30a Open
		9a - 11:00a Open	1p - 7:30p Open	9a - 7:30p Open		
		11a - 11:30a 1/2 Open				
		11:30a - 7:30p Open				
6 CLOSED	7 5a - 10a Open	8 5a - 8a Open	9 5a - 10a Open	10 5a - 8a Open	11 5a - 7:30p Open	12 8 - 9a WATER FIT
	10a - 11a 1/2 Open	8a - 9a WATER FIT	10a - 11a 1/2 Open	8a - 9a WATER FIT		9 - 11:30a 1/2 Open
	11a - 1p WATER FIT	9a - 11:30a 1/2 Open	11a - 1p WATER FIT	9a - 10a Open		
	1p - 4p Open	11:30a - 4p Open	1p - 2:45p Open	10a - 11a 1/2 Open		
	4p - 5:30p 1/2 Open	4p - 6:30p 1/2 Open	2:45p - 5:30p 1/2 Open	11a - 2:45p Open		
	5:30p - 7:30p Open	6:30p - 7:30p Open	5:30p - 7:30p Open	2:45p - 6:30p 1/2 Open		
13 CLOSED	14 5a - 10a Open	15 5a - 8a Open	16 5a - 10a Open	17 5a - 8a Open	18 5a - 7:30p Open	19 8 - 9a WATER FIT
	10a - 11a 1/2 Open	8a - 9a WATER FIT	10a - 11a 1/2 Open	8a - 9a WATER FIT		9 - 11:30a 1/2 Open
	11a - 1p WATER FIT	9a - 11:30a 1/2 Open	11a - 1p WATER FIT	9a - 2:45p Open		
	1p - 4p Open	11:30a - 4p Open	1p - 2:45p Open	2:45p - 6:30p 1/2 Open		
	4p - 5:30p 1/2 Open	4p - 6:30p 1/2 Open	2:45p - 5:30p 1/2 Open	6:30p - 7:30p Open		
	5:30p - 7:30p Open	6:30p - 7:30p Open	5:30p - 7:30p Open			
20 CLOSED	21 5a - 11a Open	22 5a - 8a Open	23 5a - 11a Open	24 5a - 8a Open	25 5a - 7:30p Open	26 8 - 9a WATER FIT
	11a - 1p WATER FIT	8a - 9a WATER FIT	11a - 1p WATER FIT	8a - 9a WATER FIT		9 - 11:30p Open
	1p - 7:30p Open	9a - 11:00a Open	1p - 7:30p Open	9a - 7:30p Open		
27 CLOSED	28 5a - 11a Open	29 5a - 8a Open	30 5a - 11a Open	31 5a - 8a Open	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.	
	11a - 1p WATER FIT	8a - 9a WATER FIT	11a - 1p WATER FIT	8a - 9a WATER FIT		
	1p - 4p Open	9a - 11:30a 1/2 Open	1p - 2:45p Open	9a - 2:45p Open		
	4p - 5:30p 1/2 Open	11:30a - 4p Open	2:45p - 5:30p 1/2 Open	2:45p - 6:30p 1/2 Open		
	5:30p - 7:30p Open	4p - 6:30p 1/2 Open	5:30p - 7:30p Open	6:30p - 7:30p Open		
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*

Be on the lookout for new water fitness classes in the works for Tuesday or Thursday nights!!

The ENTIRE YMCA will be closed for the 4th of July! We will be open again July 5th!

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 July 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 - 7:30p Lap (3)	2 5a - 8a Lap (3) 8a - 9a Ai Chi 9a - 11a WATER FIT 11a - 5:30p Lap (3) 5:30p - 6:30p WATER FIT 6:30p - 7:30p Lap (3)	3 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 7:30p Lap (3)	4 CLOSED HAPPY 4th!	5 8a - 11:30a Lap (3)
	6 CLOSED	7 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)	8 5a - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 4p Lap (3) 4p - 6:30p Lap (2) 6:30p - 7:30p (Lap 3)	9 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)	10 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 4p Lap (3) 4p - 6:30p Lap (2) 6:30p - 7:30p Lap (3)	11 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)
12 8a - 9a Lap (3) 9a - 11:30p Lap (2)		13 CLOSED	14 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)	15 5a - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 4p Lap (3) 4p - 6:30p Lap (2) 6:30p - 7:30p (Lap 3)	16 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)	17 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 4p Lap (3) 4p - 6:30p Lap (2) 6:30p - 7:30p Lap (3)
18 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)	19 8a - 9a Lap (3) 9a - 11:30p Lap (2)	20 CLOSED	21 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 5:30p Lap (3) 5:30p - 6:30p WATER FIT 6:30p - 7:30 Lap (3)	22 5a - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 7:30p Lap (3)	23 5a - 8a Lap (3) 8a - 9a Ai Chi 9a - 11a WATER FIT 11a - 5:30p Lap (3) 5:30p - 6:30p WATER FIT 6:30p - 7:30p Lap (3)	24 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 7:30p Lap (3)
25 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)	26 8a - 11:30a Lap (3)	27 CLOSED	28 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)	29 5a - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 4p Lap (3) 4p - 6:30p Lap (2) 6:30p - 7:30p (Lap 3)	30 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)	31 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 4p Lap (3) 4p - 6:30p Lap (2) 6:30p - 7:30p Lap (3)
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 when available**						

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	Aqua HIIT/Dance 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 Dance - Taught by Kate	Aqua Zumba - Taught by Rachel
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.	A combination of Zumba inspired movements, jogging, and "fitness challenges" to get your heart rate up and keep the impact on your joints down.	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	
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!