



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Lazy River Spray can be turned on during open swim if no activities are occurring. Ask a guard if you are interested.	1	2	3	4	5	6
	CLOSED Labor Day!	5a - 8a Open	5a - 11a Open	5a - 8a Open	5a - 8:30p Open	8a - 9a WATER FIT
		8a - 9a WATER FIT	11a - 1p WATER FIT	8a - 9a WATER FIT		9a - 4:30p Open
		9a - 11a Open	1p - 8:30p Open	9a - 8:30p Open		
		11a - 11:30a 1/2 Open				
		11:30a - 8:30p Open				
7 12 - 4:30p Open	8 5a - 11a Open	9 5a - 8a Open	10 5a - 11a Open	11 5a - 8a Open	12 5a - 8:30p Open	13
	11a - 1p WATER FIT	8a - 9a WATER FIT	11a - 1p WATER FIT	8a - 9a WATER FIT		8a - 9a WATER FIT
	1p - 8:30p Open	9a - 11a Open	1p - 8:30p Open	9a - 8:30p Open		9a - 4:30p Open
		11a - 11:30a 1/2 Open				
		11:30a - 8:30p Open				
14 12 - 4:30p Open	15 5a - 11a Open	16 5a - 8a Open	17 5a - 10a Open	18 5a - 8a Open	19 5a - 8:30p Open	20
	11a - 1p WATER FIT	8a - 9a WATER FIT	10a - 11a 1/2 Open	8a - 9a WATER FIT		8a - 9a WATER FIT
	1p - 4p Open	9a - 11:30a 1/2 Open	11a - 1p WATER FIT	9a - 2:45p Open		9a - 12:15p 1/2 Open
	4p - 5:30p 1/2 Open	11:30a - 4p Open	1p - 2:45p Open	2:45p - 6:30p 1/2 Open		12:15p - 4:30p Open
	5:30p - 8:30p Open	4p - 6:30p 1/2 Open	2:45p - 5:30p 1/2 Open	6:30p - 8:30p Open		
		6:30p - 8:30p Open	5:30p - 6:30p Open			
			6:30p - 7:30p ADAPTIVE			
			7:30p - 8:30p Open			
21 12 - 4:30p Open	22 5a - 11a Open	23 5a - 8a Open	24 5a - 11a Open	25 5a - 8a Open	26 5a - 8:30p Open	27
	11a - 1p WATER FIT	8a - 9a WATER FIT	10a - 11a 1/2 Open	8a - 9a WATER FIT		8a - 9a WATER FIT
	1p - 4p Open	9a - 11:30a 1/2 Open	11a - 1p WATER FIT	9a - 2:45p Open		9a - 12:15p 1/2 Open
	4p - 5:30p 1/2 Open	11:30a - 4p Open	1p - 2:45p Open	2:45p - 6:30p 1/2 Open		12:15p - 4:30p Open
	5:30p - 8:30p Open	4p - 6:30p 1/2 Open	2:45p - 5:30p 1/2 Open	6:30p - 8:30p Open		
		6:30p - 8:30p Open	5:30p - 6:30p Open			
			6:30p - 7:30p ADAPTIVE			
			7:30p - 8:30p Open			
28 12 - 4:30p Open	29 5a - 11a Open	30 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				
	1p - 4p Open	9a - 11:30a 1/2 Open				
	4p - 5:30p 1/2 Open	11:30a - 4p Open				
	5:30p - 8:30p Open	4p - 6:30p 1/2 Open				
		6:30p - 8:30p 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*

Pool Hours: The Aquatic Department closes 30 minutes before the YMCA does unless otherwise posted.

Regular Hours are here! — that means weekdays will close at 8:30PM. Saturdays at 4:30PM. Sundays will be open 12 - 4:30PM.

Be on the lookout for our new water fitness classes in the works for Tuesday night!!

We are having a temporary Deep Water Fitness class Sep 3rd and 10th 2:30 - 3:15p while 20th's pool is in shutdown.

Adapted Aquatics starts this month! This will run Wednesday Sept 17th & 24th. Oct 1st, 8th, 15th, & 22nd. Nov 5th, 12th, & 19th. Dec 3rd.

Aqua Yoga start date TBD. It will still happen Thursday from 11:05 - 11:50a in the Family pool.

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 September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swimmers under the age of 16 will be required to take a swim test. See a lifeguard to take one when available	1 CLOSED Labor Day!	2 5a - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 8:30p Lap (3)	3 5a - 8a Lap (3) 8a - 9a Ai Chi 9a - 11a WATER FIT 11a - 2:30p Lap (3) 2:30p - 3:15p WATER FIT 3:15p - 5:30p Lap (3) 5:30p - 6:30p WATER FIT 6:30p - 8:30p Lap (3)	4 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 8:30p Lap (3)	5 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)	6 8a - 4:30p Lap (3)
7 12 - 4:30p Lap (3)	8 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 5:30p Lap (3) 5:30p - 6:30p WATER FIT 6:30p - 8:30 Lap (3)	9 5a - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 8:30p Lap (3)	10 5a - 8a Lap (3) 8a - 9a Ai Chi 9a - 11a WATER FIT 11a - 2:30p Lap (3) 2:30p - 3:15p WATER FIT 3:15p - 5:30p Lap (3) 5:30p - 6:30p WATER FIT 6:30p - 8:30p Lap (3)	11 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 8:30p Lap (3)	12 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)	13 8a - 4:30p Lap (3)
14 12 - 4:30p Lap (3)	15 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)	16 5a - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 4p Lap (3) 4p - 7:15p Lap (2) 7:15p - 8:30p (Lap 3)	17 5a - 8a Lap (3) 8a - 9a Ai Chi 9a - 11a WATER FIT 11a - 12p Lap (2) 11a - 4:00p Lap (3) 4:00p - 5:30p Lap (2) 5:30p - 6:30p WATER FIT 6:30p - 7:30p ADAPTIVE 7:30p - 8:30p Lap (3)	18 5a - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 4p Lap (3) 4p - 7:15p Lap (2) 7:15p - 8:30p (Lap 3)	19 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)	20 8a - 9a Lap (3) 9a - 12:15p Lap (2) 12:15p - 4:30p Lap (3)
21 12 - 4:30p Lap (3)	22 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)	23 5a - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 4p Lap (3) 4p - 7:15p Lap (2) 7:15p - 8:30p (Lap 3)	24 5a - 8a Lap (3) 8a - 9a Ai Chi 9a - 11a WATER FIT 11a - 12p Lap (2) 11a - 4:00p Lap (3) 4:00p - 5:30p Lap (2) 5:30p - 6:30p WATER FIT 6:30p - 7:30p ADAPTIVE 7:30p - 8:30p Lap (3)	25 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 4p Lap (3) 4p - 7:15p Lap (2) 7:15p - 8:30p Lap (3)	26 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)	27 8a - 9a Lap (3) 9a - 12:15p Lap (2) 12:15p - 4:30p Lap (3)
28 12 - 4:30p Lap (3)	29 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)	30 5a - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 4p Lap (3) 4p - 7:15p Lap (2) 7:15p - 8:30p (Lap 3)	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!		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.	

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 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 Andrea S 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 Andrea S Family Pool	Aqua Yoga 11:05 - 11:50 Jim Crane Family Pool		
Water Fit 5:35 - 6:20 PM Rotates Weekly** Lap Pool	Water Fit 6:35 - 7:20 PM COMING SOON!! Family 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 instuctors.	ForeverWell - Taught by Jen	Aqua Yoga - Taught by Jim	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.	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.
ForeverWell Arthritis Aquatics - Taught by Sue & Andrea	Aqua Dance - Taught by Kate	Deep Water Fit - Taught by Jen & Betty	AiChi - Taught by Nancy
This class offers water exercises that are recommended by the Arthritis Foundation for joint movement and maintaining strength.	A combination of Zumba inspired movments, jogging, and "fitness challenges" to get your heart rate up and keep the impact on your joints down.	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.	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.
Aqua HIIT - Taught by Mel		Strength & Stretch - Taught by Sue & Andrea	Power Current - Taught by Megan, Gus, & Mel
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!		Strength & Stretch uses resistance apparatus, water fitness dumbbells, noodles, and kick boards you will build strength and balance while stretching major muscles and joints.	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.

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