



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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, POTENTIALLY ONLY 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 - 10a Open 10a - 11a 1/2 Open 11a - 1p WATER FIT 1p - 2:45p Open 2:45p - 5:30p 1/2 Open 5:30p - 6:30p Open 6:30p - 7:30p ADAPTIVE 7:30p - 8:30p Open	2 5a - 8a Open 8a - 9a WATER FIT 9a - 2:45p Open 2:45p - 6:30p 1/2 Open 6:30p - 8:30p Open	3 5a - 8:30p Open	4 8a - 9a WATER FIT 9a - 12:15p 1/2 Open 12:15p - 4:30p Open
5 12 - 4:30p Open	6 5a - 11a Open 11a - 1p WATER FIT 1p - 4p Open 4p - 5:30p 1/2 Open 5:30p - 8:30p Open	7 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	8 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 - 6:30p Open 6:30p - 7:30p ADAPTIVE 7:30p - 8:30p Open	9 5a - 8a Open 8a - 9a WATER FIT 9a - 2:45p Open 2:45p - 6:30p 1/2 Open 6:30p - 8:30p Open	10 5a - 8:30p Open	11 8a - 9a WATER FIT 9a - 12:15p 1/2 Open 12:15p - 4:30p Open
12 12 - 4:30p Open	13 5a - 11a Open 11a - 1p WATER FIT 1p - 4p Open 4p - 5:30p 1/2 Open 5:30p - 8:30p Open	14 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	15 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 - 6:30p Open 6:30p - 7:30p ADAPTIVE 7:30p - 8:30p Open	16 5a - 8a Open 8a - 9a WATER FIT 9a - 2:45p Open 2:45p - 6:30p 1/2 Open 6:30p - 8:30p Open	17 5a - 8:30p Open	18 8a - 9a WATER FIT 9a - 12:15p 1/2 Open 12:15p - 4:30p Open
19 12 - 4:30p Open	20 5a - 11a Open 11a - 1p WATER FIT 1p - 4p Open 4p - 5:30p 1/2 Open 5:30p - 8:30p Open	21 5a - 8a Open 8a - 9a WATER FIT 9a - 11:30a 1/2 Open 11:30a - 2:30p SAW 2:30p - 4p Open 4p - 6:30p 1/2 Open 6:30p - 8:30p Open	22 5a - 10a Open 10a - 11:30a 1/2 Open 11:30a - 2:30p SAW 2:30p - 5:30p 1/2 Open 5:30p - 6:30p Open 6:30p - 7:30p ADAPTIVE 7:30p - 8:30p Open	23 5a - 8a Open 8a - 9a WATER FIT 9a - 2:45p Open 2:45p - 6:30p 1/2 Open 6:30p - 8:30p Open	24 5a - 8:30p Open	25 8a - 9a WATER FIT 9a - 12:15p 1/2 Open 12:15p - 4:30p Open
26 12 - 4:30p Open	27 5a - 11a Open 11a - 1p WATER FIT 1p - 8:30p Open	28 5a - 8a Open 8a - 9a WATER FIT 9a - 11a Open 11a - 11:30a 1/2 Open 11:30a - 8:30p Open	29 5a - 11a Open 11a - 1p WATER FIT 1p - 8:30p Open	30 5a - 8a Open 8a - 9a WATER FIT 9a - 8:30p Open	31 5a - 8:30p Open	The Lazy River Spray can be turned on during open swim if no activities are occurring. Ask a guard if you are interested.

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.

Safety Around Water will run **11:30a - 2:30p** October 21st and 22nd, the **ENTIRE** Aquatics Department will be closed at this time.

This means **NO** Lazy River, Whirlpool, Sauna, Steam Room access will be allowed.

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

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 October 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!		Lap Swim is open to swimmers who can proficiently swim the length of the pool. Open Swim is available any time lap swim is available, may be done in ONLY lane 1.	1 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 - 7:30p ADAPTIVE 7:30p - 8:30p Lap (3)	2 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 4p Lap (3) 4p - 7:15p Lap (2) 7:15p - 8:30p Lap (3)	3 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)	4 8a - 9a Lap (3) 9a - 12:15p Lap (2) 12:15p - 4:30p Lap (3)
			5 12 - 4:30p Lap (3)	6 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)	7 5a - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 4p Lap (3) 4p - 7:15p Lap (2) 7:15p - 8:30p (Lap 3)	8 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 - 7:30p ADAPTIVE 7:30p - 8:30p Lap (3)
9 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 4p Lap (3) 4p - 7:15p Lap (2) 7:15p - 8:30p Lap (3)	10 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)	11 8a - 9a Lap (3) 9a - 12:15p Lap (2) 12:15p - 4:30p Lap (3)	12 12 - 4:30p Lap (3)	13 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)	14 5a - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 4p Lap (3) 4p - 7:15p Lap (2) 7:15p - 8:30p (Lap 3)	15 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 - 7:30p ADAPTIVE 7:30p - 8:30p 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 - 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)	18 8a - 9a Lap (3) 9a - 12:15p Lap (2) 12:15p - 4:30p Lap (3)	19 12 - 4:30p Lap (3)	20 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)	21 5a - 9a Lap (3) 9a - 11a WATER FIT 11:30a - 2:30p SAW 2:30p - 4p Lap (3) 4p - 7:15p Lap (2) 7:15p - 8:30p (Lap 3)	22 5a - 8a Lap (3) 8a - 9a Ai Chi 9a - 11a WATER FIT 11a - 11:30a Lap (2) 11:30a - 2:30p SAW 2:30p - 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)
23 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 4p Lap (3) 4p - 7:15p Lap (2) 7:15p - 8:30p Lap (3)	24 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)	25 8a - 9a Lap (3) 9a - 12:15p Lap (2) 12:15p - 4:30p Lap (3)	26 12 - 4:30p Lap (3)	27 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)	28 5a - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 8:30p Lap (3)	29 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 - 8:30p Lap (3)
30 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 8:30p Lap (3)	31 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)	**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 ****



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 Sue Panek Lap Pool	Water Fit 9:05 - 9:50 AM Jen Sheilds Lap Pool	Water Fit 9:05 - 9:50 AM Jen Sheilds 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 COMING SOON!! 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 instructors.	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!