



**Oshkosh Community YMCA**  
**Downtown Family Pool Schedule**  
**Monthly Calendar For January 2026**

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

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, & Whirlpool:** 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.

January 1st the YMCA is open 11 - 4p! The pool will close at 3:30; 30 minutes before the building as usual.

January 20th the Multicultural Outreach Program is coming with their group, this usually occurs on the first no school Friday of each month.

January 31st we are running a lifeguard recertification course. Half of the Lap & Family pool will be used at any time throughout the day, we appreciate your understanding as we keep our lifeguards certified and at their best to keep you safe. We apologize for the inconvenience.

**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 January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>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.</b></p>	<p><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!</p>		<p><b>**Swimmers under the age of 16 will be required to take a swim test. See a lifeguard to take one when available**</b></p>	<p><b>1</b> 11a - 3:30p Lap (3) <b>New Years Day Open House!</b></p>	<p><b>2</b> 5a - 8:55a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 5:30p Lap (3) <b>5:30 - 6:30p WATER FIT</b> 6:30p - 8:30p Lap (3)</p>	<p><b>3</b> 8a - 4:30p Lap (3)</p>
<b>4</b> 12 - 4:30p Lap (3)	<b>5</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 4p Lap (3) <b>4p - 5:30p Lap (2)</b> <b>5:30p - 6:30p WATER FIT</b> 6:30p - 8:30 Lap (3)	<b>6</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11:05a - 4p Lap (3) <b>4p - 6:30p Lap (2)</b> 6:30p - 8:30p (Lap 3)	<b>7</b> 5a - 8a Lap (3) <b>8a - 9a Ai Chi</b> <b>9a - 11a WATER FIT</b> <b>11a - 12p Lap (2)</b> <b>4:00p - 5:30p Lap (2)</b> <b>5:30p - 6:30p WATER FIT</b> 6:30p - 8:30p Lap (3)	<b>8</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11:05a - 4p Lap (3) <b>4p - 6:30p Lap (2)</b> 6:30p - 8:30p (Lap 3)	<b>9</b> 5a - 8:55a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 5:30p Lap (3) <b>5:30 - 6:30p WATER FIT</b> 6:30p - 8:30p Lap (3)	<b>10</b> 8a - 9a Lap (3) <b>9a - 12:15p Lap (2)</b> 12:15p - 4:30p Lap (3)
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<b>18</b> 12 - 4:30p Lap (3)	<b>19</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 4p Lap (3) <b>4p - 5:30p Lap (2)</b> <b>5:30p - 6:30p WATER FIT</b> 6:30p - 8:30 Lap (3)	<b>20</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11:05a - 4p Lap (3) <b>4p - 6:30p Lap (2)</b> 6:30p - 8:30p (Lap 3)	<b>21</b> 5a - 8a Lap (3) <b>8a - 9a Ai Chi</b> <b>9a - 11a WATER FIT</b> <b>11a - 12p Lap (2)</b> <b>4:00p - 5:30p Lap (2)</b> <b>5:30p - 6:30p WATER FIT</b> 6:30p - 8:30p Lap (3)	<b>22</b> 5a - 9a Lap (3) <b>9a - 11a WATER FIT</b> 11:05a - 4p Lap (3) <b>4p - 6:30p Lap (2)</b> 6:30p - 8:30p (Lap 3)	<b>23</b> 5a - 8:55a Lap (3) <b>9a - 11a WATER FIT</b> 11a - 5:30p Lap (3) <b>5:30 - 6:30p WATER FIT</b> 6:30p - 8:30p Lap (3)	<b>24</b> 8a - 9a Lap (3) <b>9a - 12:15p Lap (2)</b> 12:15p - 4:30p Lap (3)
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**\*\* 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 Carol H. Lap Pool	Water Fit 9:05 - 9:50 AM Jen Sheilds Lap Pool	Water Fit 9:05 - 9:50 AM Carol H. Lap Pool	ForeverWell 10:05 - 10:50 AM Jen Sheilds Lap Pool	
FW - Arthritis Aquatics 11:00 - 11:45 AM Sue (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 Dance 5:35 - 6:20 PM Kate J. Lap Pool	
Aqua Zumba 12:10 - 12:55 PM Rachel Ben-Ismail Family Pool	Strength & Stretch 11:00 - 11:20 AM Sue Panek Family Pool	FW - Arthritis Aquatics 11:00 - 11:45 AM Shelby H. 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
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 version 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 & Shelby	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 movements, 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, qigong, 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	Power Current - Taught by Megan, Gus, & Mel
We're bringing HIIT to the water! High-intensity interval training (HIIT) is alternating short intense excercise 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.
<b>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!</b>			