



# Oshkosh Community YMCA Downtown Family Pool Schedule Monthly Calendar For March 2026

| Sunday                       | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday   |
|------------------------------|---|--|---|---|--|--|
| <b>1</b><br>12 - 4:30p Open  | <b>2</b><br>5a - 11a Open<br><b>11a - 1p WATER FIT</b><br>1p - 4p Open<br><b>4p - 5:30p 1/2 Open</b><br>5:30p - 8:30p Open  | <b>3</b><br>5a - 8a Open<br><b>8a - 9a WATER FIT</b><br><b>9a - 11:30a 1/2 Open</b><br>11:30a - 4p Open<br><b>4p - 6:30p 1/2 Open</b><br>6:30p - 8:30p Open  | <b>4</b><br>5a - 10a Open<br><b>10a - 11a 1/2 Open</b><br><b>11a - 1p WATER FIT</b><br>1p - 2:45p Open<br><b>2:45p - 5:30p 1/2 Open</b><br>5:30p - 8:30p Open   | <b>5</b><br>5a - 8a Open<br><b>8a - 9a WATER FIT</b><br>9a - 2:45p Open<br><b>2:45p - 6:30p 1/2 Open</b><br>6:30p - 8:30p Open  | <b>6</b><br>5a - 8:30p Open  | <b>7</b><br><b>8a - 9a WATER FIT</b><br><b>9a - 12:15p 1/2 Open</b><br>12:15p - 4:30p Open     |
| <b>8</b><br>12 - 4:30p Open  | <b>9</b><br>5a - 11a Open<br><b>11a - 1p WATER FIT</b><br>1p - 4p Open<br><b>4p - 5:30p 1/2 Open</b><br>5:30p - 8:30p Open  | <b>10</b><br>5a - 8a Open<br><b>8a - 9a WATER FIT</b><br><b>9a - 11:30a 1/2 Open</b><br>11:30a - 4p Open<br><b>4p - 6:30p 1/2 Open</b><br>6:30p - 8:30p Open | <b>11</b><br>5a - 10a Open<br><b>10a - 11a 1/2 Open</b><br><b>11a - 1p WATER FIT</b><br>1p - 2:45p Open<br><b>2:45p - 5:30p 1/2 Open</b><br>5:30p - 8:30p Open  | <b>12</b><br>5a - 8a Open<br><b>8a - 9a WATER FIT</b><br>9a - 2:45p Open<br><b>2:45p - 6:30p 1/2 Open</b><br>6:30p - 8:30p Open | <b>13</b><br>5a - 8:30p Open   | <b>14</b><br><b>8a - 9a WATER FIT</b><br><b>9a - 4:30p 1/2 Open</b><br><b>LG RECERT COURSE</b> |
| <b>15</b><br>12 - 4:30p Open | <b>16</b><br>5a - 11a Open<br><b>11a - 1p WATER FIT</b><br>1p - 4p Open<br><b>4p - 5:30p 1/2 Open</b><br>5:30p - 8:30p Open | <b>17</b><br>5a - 8a Open<br><b>8a - 9a WATER FIT</b><br><b>9a - 11:30a 1/2 Open</b><br>11:30a - 4p Open<br><b>4p - 6:30p 1/2 Open</b><br>6:30p - 8:30p Open | <b>18</b><br>5a - 10a Open<br><b>10a - 11a 1/2 Open</b><br><b>11a - 1p WATER FIT</b><br>1p - 2:45p Open<br><b>2:45p - 5:30p 1/2 Open</b><br>5:30p - 8:30p Open  | <b>19</b><br>5a - 8a Open<br><b>8a - 9a WATER FIT</b><br>9a - 2:45p Open<br><b>2:45p - 6:30p 1/2 Open</b><br>6:30p - 8:30p Open | <b>20</b><br>5a - 8:30p Open   | <b>21</b><br><b>8a - 9a WATER FIT</b><br><b>9a - 12:15p 1/2 Open</b><br>12:15p - 4:30p Open    |
| <b>22</b><br>12 - 4:30p Open | <b>23</b><br>5a - 11a Open<br><b>11a - 1p WATER FIT</b><br>1p - 8:30p Open  | <b>24</b><br>5a - 8a Open<br><b>8a - 9a WATER FIT</b><br>9a - 8:30p Open   | <b>25</b><br>5a - 11a Open<br><b>11a - 1p WATER FIT</b><br>1p - 8:30p Open  | <b>26</b><br>5a - 8a Open<br><b>8a - 9a WATER FIT</b><br>9a - 8:30p Open  | <b>27</b><br>5a - 8:30p Open   | <b>28</b><br><b>8a - 9a WATER FIT</b><br>9a - 4:30p Open                                       |
| <b>29</b><br>12 - 4:30p Open | <b>30</b><br>5a - 11a Open<br><b>11a - 1p WATER FIT</b><br>1p - 4p Open<br><b>4p - 5:30p 1/2 Open</b><br>5:30p - 8:30p Open | <b>31</b><br>5a - 8a Open<br><b>8a - 9a WATER FIT</b><br><b>9a - 11:30a 1/2 Open</b><br>11:30a - 4p Open<br><b>4p - 6:30p 1/2 Open</b><br>6:30p - 8:30p Open | <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> |  |

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.

**March 3rd is our Day of Giving! There will be activities in the lobby all day!**

**REMINDER: NO SPRING 1 SWIM LESSONS MARCH 23 - 29th for SPRING BREAK**

**We will be running a Lifeguard Recertification Course on March 14th, expect parts of the pool to be closed throughout the day.**

**The Oshkosh Fire Department Dive Team will be using the Lap Pool March 10th from roughly 9a - 1p. From 9a - 11a they will be in the deep end only, from 11a - 1p they will be in the deep end and lanes 1 - 2. Thank you for your understanding!**

**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 March 2026

| Sunday                          | Monday   | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday   |
|---------------------------------|--|---|--|--|--|--|
| <b>1</b><br>12 - 4:30p Lap (3)  | <b>2</b><br>5a - 9a Lap (3)<br><b>9a - 11a WATER FIT</b><br>11a - 4p Lap (3)<br><b>4p - 5:30p Lap (2)</b><br><b>5:30p - 6:30p WATER FIT</b><br>6:30p - 8:30 Lap (3)  | <b>3</b><br>5a - 9a Lap (3)<br><b>9a - 11a WATER FIT</b><br><b>11a - 1p Lap (2)</b><br>1p - 4p Lap (3)<br><b>4p - 7:15p Lap (2)</b><br>7:15p - 8:30p (Lap 3)  | <b>4</b><br>5a - 8a Lap (3)<br><b>8a - 9a Ai Chi</b><br><b>9a - 11a WATER FIT</b><br><b>11a - 12p Lap (2)</b><br>12p - 4:00p Lap (3)<br><b>4:00p - 5:30p Lap (2)</b><br><b>5:30p - 6:30p WATER FIT</b><br>6:30p - 8:30p Lap (3)  | <b>5</b><br>5a - 9a Lap (3)<br><b>9a - 11a WATER FIT</b><br>11:05a - 4p Lap (3)<br><b>4p - 7:15p Lap (2)</b><br>7:15p - 8:30p (Lap 3)  | <b>6</b><br>5a - 8:55a Lap (3)<br><b>9a - 11a WATER FIT</b><br>11a - 5:30p Lap (3)<br><b>5:30 - 6:30p WATER FIT</b><br>6:30p - 8:30p Lap (3)   | <b>7</b><br>8a - 9a Lap (3)<br><b>9a - 12:15p Lap (2)</b><br>12:15p - 4:30p Lap (3)  |
| <b>8</b><br>12 - 4:30p Lap (3)  | <b>9</b><br>5a - 9a Lap (3)<br><b>9a - 11a WATER FIT</b><br>11a - 4p Lap (3)<br><b>4p - 5:30p Lap (2)</b><br><b>5:30p - 6:30p WATER FIT</b><br>6:30p - 8:30 Lap (3)  | <b>10</b><br>5a - 9a Lap (3)<br><b>9a - 11a WATER FIT</b><br><b>11a - 1p Lap (2)</b><br>1p - 4p Lap (3)<br><b>4p - 7:15p Lap (2)</b><br>7:15p - 8:30p (Lap 3) | <b>11</b><br>5a - 8a Lap (3)<br><b>8a - 9a Ai Chi</b><br><b>9a - 11a WATER FIT</b><br><b>11a - 12p Lap (2)</b><br>12p - 4:00p Lap (3)<br><b>4:00p - 5:30p Lap (2)</b><br><b>5:30p - 6:30p WATER FIT</b><br>6:30p - 8:30p Lap (3)   | <b>12</b><br>5a - 9a Lap (3)<br><b>9a - 11a WATER FIT</b><br>11:05a - 4p Lap (3)<br><b>4p - 7:15p Lap (2)</b><br>7:15p - 8:30p (Lap 3) | <b>13</b><br>5a - 8:55a Lap (3)<br><b>9a - 11a WATER FIT</b><br>11a - 5:30p Lap (3)<br><b>5:30 - 6:30p WATER FIT</b><br>6:30p - 8:30p Lap (3)  | <b>14</b><br><b>8a - 4:30p Lap (1)</b><br><b>LG RECERT COURSE</b>  |
| <b>15</b><br>12 - 4:30p Lap (3) | <b>16</b><br>5a - 9a Lap (3)<br><b>9a - 11a WATER FIT</b><br>11a - 4p Lap (3)<br><b>4p - 5:30p Lap (2)</b><br><b>5:30p - 6:30p WATER FIT</b><br>6:30p - 8:30 Lap (3) | <b>17</b><br>5a - 9a Lap (3)<br><b>9a - 11a WATER FIT</b><br>11:05a - 4p Lap (3)<br><b>4p - 7:15p Lap (2)</b><br>7:15p - 8:30p (Lap 3)                        | <b>18</b><br>5a - 8a Lap (3)<br><b>8a - 9a Ai Chi</b><br><b>9a - 11a WATER FIT</b><br><b>11a - 12p Lap (2)</b><br>12p - 4:00p Lap (3)<br><b>4:00p - 5:30p Lap (2)</b><br><b>5:30p - 6:30p WATER FIT</b><br>6:30p - 8:30p Lap (3)   | <b>19</b><br>5a - 9a Lap (3)<br><b>9a - 11a WATER FIT</b><br>11:05a - 4p Lap (3)<br><b>4p - 7:15p Lap (2)</b><br>7:15p - 8:30p (Lap 3) | <b>20</b><br>5a - 8:55a Lap (3)<br><b>9a - 11a WATER FIT</b><br>11a - 5:30p Lap (3)<br><b>5:30 - 6:30p WATER FIT</b><br>6:30p - 8:30p Lap (3)  | <b>21</b><br>8a - 9a Lap (3)<br><b>9a - 12:15p Lap (2)</b><br>12:15p - 4:30p Lap (3)   |
| <b>22</b><br>12 - 4:30p Lap (3) | <b>23</b><br>5a - 9a Lap (3)<br><b>9a - 11a WATER FIT</b><br>11a - 5:30p Lap (3)<br><b>5:30p - 6:30p WATER FIT</b><br>6:30p - 8:30 Lap (3)                           | <b>24</b><br>5a - 9a Lap (3)<br><b>9a - 11a WATER FIT</b><br>11:05a - 8:30p Lap (3)   | <b>25</b><br>5a - 8a Lap (3)<br><b>8a - 9a Ai Chi</b><br><b>9a - 11a WATER FIT</b><br>11a - 5:30p Lap (3)<br><b>5:30p - 6:30p WATER FIT</b><br>6:30p - 8:30p Lap (3)   | <b>26</b><br>5a - 9a Lap (3)<br><b>9a - 11a WATER FIT</b><br>11:05a - 8:30p Lap (3)  | <b>27</b><br>5a - 8:55a Lap (3)<br><b>9a - 11a WATER FIT</b><br>11a - 5:30p Lap (3)<br><b>5:30 - 6:30p WATER FIT</b><br>6:30p - 8:30p Lap (3)  | <b>28</b><br>8a - 4:30p Lap (3)  |
| <b>29</b><br>12 - 4:30p Lap (3) | <b>30</b><br>5a - 9a Lap (3)<br><b>9a - 11a WATER FIT</b><br>11a - 4p Lap (3)<br><b>4p - 5:30p Lap (2)</b><br><b>5:30p - 6:30p WATER FIT</b><br>6:30p - 8:30 Lap (3) | <b>31</b><br>5a - 9a Lap (3)<br><b>9a - 11a WATER FIT</b><br>11:05a - 4p Lap (3)<br><b>4p - 7:15p Lap (2)</b><br>7:15p - 8:30p (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! |  | <b>**Swimmers under the age of 16 will be required to take a swim test if using the lap pool. See a lifeguard to take one when available**</b> | <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> |

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**\*\* PLEASE SHARE THE LANES \*\***



# Oshkosh Community YMCA

## Downtown Water Fitness Schedule

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday   |
|---|---|---|---|---|--|
| Water Fit<br>9:05 - 9:50 AM<br>Jen Sheilds<br>Lap Pool                | Power Current<br>8:05 - 8:50 AM<br>Megan McClellan<br>Family Pool | Ai Chi<br>8:00 - 8:45 AM<br>Nancy Decker<br>Lap Pool                      | Power Current<br>8:05 - 8:50 AM<br>Megan McClellan<br>Family Pool | Deep Water Fit<br>9:05 - 9:50 AM<br>Jen Sheilds<br>Lap Pool | Power Current<br>8:05 - 8:50a<br>Gus Larson<br>Family Pool |
| ForeverWell<br>10:05 - 10:50 AM<br>Jen Sheilds<br>Lap Pool            | Water Fit<br>9:05 - 9:50 AM<br>Carol H.<br>Lap Pool               | Water Fit<br>9:05 - 9:50 AM<br>Jen Sheilds<br>Lap Pool                    | Water Fit<br>9:05 - 9:50 AM<br>Carol H.<br>Lap Pool               | ForeverWell<br>10:05 - 10:50 AM<br>Jen Sheilds<br>Lap Pool  |  |
| FW - Arthritis Aquatics<br>11:00 - 11:45 AM<br>Kate J.<br>Family Pool | Strength & Stretch<br>10:05 - 10:55 AM<br>Kate J.<br>Lap Pool     | ForeverWell<br>10:05 - 10:50 AM<br>Jen Sheilds<br>Lap Pool                | Deep Water Fit<br>10:05 - 10:50 AM<br>Jen Sheilds<br>Lap Pool     | Aqua Dance<br>5:35 - 6:20 PM<br>Kate J.<br>Lap Pool         |  |
| Aqua Zumba<br>12:10 - 12:55 PM<br>Rachel Ben-Ismael<br>Family Pool    | Strength & Stretch<br>11:00 - 11:20 AM<br>Kate J.<br>Family Pool  | FW - Arthritis Aquatics<br>11:00 - 11:45 AM<br>Jen Sheilds<br>Family Pool |   |   |  |
| Water Fit<br>5:35 - 6:20 PM<br>Rotates Weekly**<br>Lap Pool           |   | Strength & Stretch<br>12:00 - 12:45<br>Tessa<br>Family Pool               |   |   |  |
|   |   | Water Fit/Zumba<br>5:35 - 6:20 PM<br>Rotates Weekly**<br>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  | AiChi - Taught by Nancy  | 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. | 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. | 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, Kate & Shelby  | Aqua Dance - Taught by Kate  | Deep Water Fit - Taught by Jen & Betty   |  |
| 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.                           |  |
| Aqua HIIT - Taught by Mel  | Strength & Stretch - Taught by Sue & Kate  | 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!                                 | 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 through 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> |  |  |  |