



Oshkosh Community YMCA Downtown Family Pool Schedule

Monthly Calendar For July 2026

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	2	3	4
			5a - 9a Open	5a - 8a Open	5a - 7:30p Open	CLOSED Happy 4th of July!
			11a - 1p WATER FIT	8a - 9a WATER FIT		
			1p - 4p Open	9a - 7:30p Open		
5	6	7	8	9	10	11
CLOSED	5a - 11a Open	5a - 8a Open	5a - 9a Open	5a - 8a Open	5a - 10a Open	8a - 9a WATER FIT
	11a - 1p WATER FIT	8a - 9a WATER FIT	9a - 10a 1/2 Open	8a - 9a WATER FIT	10a - 11a 1/2 Open	9a - 11:30a 1/2 Open
	1p - 1:30p Open	9a - 11a Open	10a - 11a Open	9a - 10:15a Open	11a - 7:30p Open	
	1:30p - 3p 1/2 Open	11a - 11:30a 1/2 Open	11a - 1p WATER FIT	11a - 12:30p Open		
	3p - 4p Open	11:30a - 4p Open	1p - 4p Open	12:30p - 3:15p 1/2 Open		
	4p - 5:30p 1/2 Open	4p - 6:30p 1/2 Open	4p - 5:30p 1/2 Open	3:15p - 4p Open		
	5:30p - 7:30p Open	6:30p - 7:30p Open	5:30p - 7:30p Open	4p - 6:30p 1/2 Open		
			6:30p - 7:30p Open			
12	13	14	15	16	17	18
CLOSED	5a - 11a Open	5a - 8a Open	5a - 9a Open	5a - 8a Open	5a - 10a Open	8a - 9a WATER FIT
	11a - 1p WATER FIT	8a - 9a WATER FIT	9a - 11a 1/2 Open	8a - 9a WATER FIT	10a - 11a 1/2 Open	9a - 11:30a 1/2 Open
	1p - 1:30p Open	9a - 11a Open	11a - 1p WATER FIT	9a - 10:15a Open	11a - 7:30p Open	
	1:30p - 3p 1/2 Open	11a - 11:30a 1/2 Open	1p - 1:30p Open	11a - 12:30p Open		
	3p - 4p Open	11:30a - 4p Open	1:30p - 3p 1/2 Open	12:30p - 3:15p 1/2 Open		
	4p - 5:30p 1/2 Open	4p - 6:30p 1/2 Open	3p - 4p Open	3:15p - 4p Open		
	5:30p - 7:30p Open	6:30p - 7:30p Open	4p - 5:30p 1/2 Open	4p - 6:30p 1/2 Open		
		5:30p - 7:30p Open	6:30p - 7:30p Open			
19	20	21	22	23	24	25
CLOSED	5a - 11a Open	5a - 8a Open	5a - 9a Open	5a - 8a Open	5a - 7:30p Open	8a - 9a WATER FIT
	11a - 1p WATER FIT	8a - 9a WATER FIT	11a - 1p WATER FIT	8a - 9a WATER FIT		9a - 11:30a Open
	1p - 7:30p Open	9a - 11a Open	1p - 4p Open	9a - 7:30p Open		
		11a - 11:30a 1/2 Open				
	11:30a - 7:30p Open					
26	27	28	29	30	31	The Lazy River Spray can be turned on during open swim if no activities are occurring. Ask a guard if you are interested.
CLOSED	5a - 11a Open	5a - 8a Open	5a - 9a Open	5a - 8a Open	5a - 10a Open	
	11a - 1p WATER FIT	8a - 9a WATER FIT	9a - 11a 1/2 Open	8a - 9a WATER FIT	10a - 11a 1/2 Open	
	1p - 1:30p Open	9a - 11a Open	11a - 1p WATER FIT	9a - 10:15a Open	11a - 7:30p Open	
	1:30p - 3p 1/2 Open	11a - 11:30a 1/2 Open	1p - 1:30p Open	11a - 12:30p Open		
	3p - 4p Open	11:30a - 4p Open	1:30p - 3p 1/2 Open	12:30p - 3:15p 1/2 Open		
	4p - 5:30p 1/2 Open	4p - 6:30p 1/2 Open	3p - 4p Open	3:15p - 4p Open		
	5:30p - 7:30p Open	6:30p - 7:30p Open	4p - 5:30p 1/2 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, & 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.

The entire DTC YMCA facility will be closed July 4th in observance of Independence Day.

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 2026

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	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	2	3	4
			5a - 8a Lap (3)	5a - 9a Lap (3)	5a - 8:55a Lap (3)	CLOSED Happy 4th of July!
			8a - 9a Ai Chi	9a - 11a WATER FIT	9a - 11a WATER FIT	
			9a - 11a WATER FIT	11a - 7:30p Lap (3)	11a - 5:30p Lap (3)	
			11a - 5:30p Lap (3)		5:30 - 6:30p WATER FIT	
			5:30p - 6:30p WATER FIT		6:30p - 8:30p Lap (3)	
			6:30p - 8:30p Lap (3)			
5	6	7	8	9	10	11
CLOSED	5a - 9a Lap (3)	5a - 9a Lap (3)	5a - 8a Lap (3)	5a - 9a Lap (3)	5a - 8:55a Lap (3)	8a - 9a Lap (3)
	9a - 11a WATER FIT	9a - 11a WATER FIT	8a - 9a Ai Chi	9a - 11a WATER FIT	9a - 11a WATER FIT	9a - 11:30a Lap (2)
	11a - 1:30p Lap (3)	11:05a - 12:30p Lap (3)	9a - 11a WATER FIT	11a - 11:45a Lap (2)	11a - 5:30p Lap (3)	
	1:30p - 5:30p Lap (2)	12:30p - 2p Lap (2)	11a - 1:30p Lap (3)	11:45a - 4p Lap (3)	5:30 - 6:30p WATER FIT	
	5:30p - 6:30p WATER FIT	2p - 4p Lap (3)	1:30p - 5:25p Lap (2)	4p - 6:30p Lap (2)	6:30p - 7:30p Lap (3)	
	6:30p - 7:30 Lap (3)	4p - 6:30p Lap (2)	5:30p - 6:30p WATER FIT	6:30p - 7:30p Lap (3)		
		6:30p - 7:30p Lap (3)	6:30p - 8:30p Lap (3)			
12	13	14	15	16	17	18
CLOSED	5a - 9a Lap (3)	5a - 9a Lap (3)	5a - 8a Lap (3)	5a - 9a Lap (3)	5a - 8:55a Lap (3)	8a - 9a Lap (3)
	9a - 11a WATER FIT	9a - 11a WATER FIT	8a - 9a Ai Chi	9a - 11a WATER FIT	9a - 11a WATER FIT	9a - 11:30a Lap (2)
	11a - 1:30p Lap (3)	11:05a - 12:30p Lap (3)	9a - 11a WATER FIT	11a - 2p Lap (2)	11a - 12p Lap (2)	
	1:30p - 5:30p Lap (2)	12:30p - 2p Lap (2)	11a - 5:25p Lap (2)	2p - 4p Lap (3)	12p - 5:30p Lap (3)	
	5:30p - 6:30p WATER FIT	2p - 4p Lap (3)	5:30p - 6:30p WATER FIT	4p - 6:30p Lap (2)	5:30 - 6:30p WATER FIT	
	6:30p - 7:30 Lap (3)	4p - 6:30p Lap (2)	6:30p - 8:30p Lap (3)	6:30p - 7:30p Lap (3)	6:30p - 8:30p Lap (3)	
		6:30p - 7:30p Lap (3)				
19	20	21	22	23	24	25
CLOSED	5a - 9a Lap (3)	5a - 9a Lap (3)	5a - 8a Lap (3)	5a - 9a Lap (3)	5a - 8:55a Lap (3)	8a - 11:30a Lap (3)
	9a - 11a WATER FIT	9a - 11a WATER FIT	8a - 9a Ai Chi	9a - 11a WATER FIT	9a - 11a WATER FIT	
	11a - 5:30p Lap (3)	11:05a - 7:30p Lap (3)	9a - 11a WATER FIT	11a - 7:30p Lap (3)	11a - 5:30p Lap (3)	
	5:30p - 6:30p WATER FIT		11a - 5:30p Lap (3)		5:30 - 6:30p WATER FIT	
	6:30p - 7:30 Lap (3)		5:30p - 6:30p WATER FIT		6:30p - 8:30p Lap (3)	
			6:30p - 8:30p Lap (3)			
26	27	28	29	30	31	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.
CLOSED	5a - 9a Lap (3)	5a - 9a Lap (3)	5a - 8a Lap (3)	5a - 9a Lap (3)	5a - 8:55a Lap (3)	
	9a - 11a WATER FIT	9a - 11a WATER FIT	8a - 9a Ai Chi	9a - 11a WATER FIT	9a - 11a WATER FIT	
	11a - 1:30p Lap (3)	11:05a - 12:30p Lap (3)	9a - 11a WATER FIT	11a - 2p Lap (2)	11a - 12p Lap (2)	
	1:30p - 5:30p Lap (2)	12:30p - 2p Lap (2)	11a - 5:25p Lap (2)	2p - 4p Lap (3)	12p - 5:30p Lap (3)	
	5:30p - 6:30p WATER FIT	2p - 4p Lap (3)	5:30p - 6:30p WATER FIT	4p - 6:30p Lap (2)	5:30 - 6:30p WATER FIT	
	6:30p - 7:30 Lap (3)	4p - 6:30p Lap (2)	6:30p - 8:30p Lap (3)	6:30p - 7:30p Lap (3)	6:30p - 8:30p Lap (3)	
		6:30p - 7:30p Lap (3)				

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



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Water Fit 9:05a-9:50a Jen Shields Lap Pool	Power Current 8:05a-8:50a Megan McClellan Family Pool	Ai Chi 8a-8:45a Nancy Decker Lap Pool	Power Current 8:05a-8:50a Megan McClellan Family Pool	Deep Water Fit 9:05a-9:50a Jen Shields Lap Pool	Power Current 8:05a-8:50a Gus Larson Family Pool
ForeverWell 10:05a-10:50a Jen Shields Lap Pool	Water Fit 9:05a-9:50a Carol H. Lap Pool	Water Fit 9:05a-9:50a Jen Shields Lap Pool	Water Fit 9:05a-9:50a Carol H. Lap Pool	ForeverWell 10:05a-10:50a Jen Shields Lap Pool	
FW-Arthritis WF 11a-11:45a Randi S. Family Pool	Strength & Stretch 10:05a-10:55a Sue Panek Lap Pool	ForeverWell 10:05a-10:50a Jen Shields Lap Pool	Deep Water Fit 10:05a-10:50a Jen Shields Lap Pool	Aqua Dance 5:35p-6:20p Kate J. Lap Pool	
Aqua Zumba 12:10p-12:55p Rachel Ben-Ismael Family Pool	Strength & Stretch 11a-11:20a Sue Panek Family Pool	FW-Arthritis WF 11a-11:45a Randi S. Family Pool			
Water Fit 5:35p-6:20p Rotates Weekly Lap Pool		Strength & Stretch 12p-12:45p Sue Panek Family Pool			
		Water Fit 5:35p-6:20p Rotates Weekly Lap Pool			

Water Fitness Class Descriptions

Water Fit - taught by ALL Instructor	Foreverwell- Taught by Jen	Ai Chi - Taught by Nancy	Aqua Zuba - Taught by Racheal
Water Fit is a low-impact exercise program performed in the water that improves cardiovascular health,	Foreverwell is a sinor oriented class designed to be less strenuous. Focus is more on toning, stretching, and flexibility.	Cobining elements of Tai chi, Quigon, Shiatsu, and Watsu techniques in the natural bouyancy of water.	Physical conditionaing through latin dance inspired movment. This is a medium impact workout in shallow water.
Foreverwell Arthritis Aquatics - Taught by sue & Randi	Aqua Dance - Taught by Kate		Deep Water - Yaught by Jen & Betty
this class offers water excises that are recommended by the arthritis foundation for joint movment and maintaining strength.	a Combination of Zumba inspired Movments, jogging, and fitness challenges to get your heart rate up and keep impact on you r joints down.		Deep water fit is held in the deep end of the lap pool, no impact on your joints but great workout fo strength and core building.
Aqua HIIT - Taught by Mel (currently on hold)	Strength & Stretch - Taught by Sue and Kate		Power Cureent - Taught by Megan, Gus, & Mel
HIIT High-Intensity Indterval Training is alternating short intense excersize with breif rest. Being in water takes the stress away from your joints and adds resistance.	Strength & Stretch uses resitance apparatus, water dumbbells, noodles, and kick boards to build strength and balance while stretching major muscles and joints.		Looking for something fast paced? This walk/run/jog class takes the stree of running off your joints by moving thriugh the water.
Please remember. Due to instructor availibity 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.			