



Oshkosh Community YMCA Downtown Family Pool Schedule Monthly Calendar For September 2026

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 5a - 8a Open 8a - 9a WATER FIT 9a - 11a Open 11a - 11:30a WATER FIT 11:30a - 7:30p Open	2 5a - 11a Open 11a - 1p WATER FIT 1p - 7:30p Open	3 5a - 8a Open 8a - 9a WATER FIT 9a - 7:30p Open	4 5a - 7:30p Open	5 8a - 9a WATER FIT 9a - 11:30a Open	
	6 CLOSED	7	8 5a - 8a Open 8a - 9a WATER FIT 9a - 11a Open 11a - 11:30a WATER FIT 11:30a - 8:30p Open	9 5a - 11a Open 11a - 1p WATER FIT 1p - 8:30p Open	10 5a - 8a Open 8a - 9a WATER FIT 9a - 8:30p Open	11 5a - 8:30p Open	12 8a - 9a WATER FIT 9a - 4:30p Open
		CLOSED Labor Day					
	13 12p - 4:30p Open	14 5a - 10:30a Open 10:30a - 11a 1/2 Open 11a - 1p WATER FIT 1p - 1:30p Open 4p - 5:30p 1/2 Open 5:30p - 8:30p Open	15 5a - 8a Open 8a - 9a WATER FIT 9a - 11:30a 1/2 Open 11:30a - 4p Open 4p - 7:15p 1/2 Open 7:15p - 8:30p Open	16 5a - 9:00a Open 9a - 11a 1/2 Open 11a - 1p WATER FIT 1p - 4p Open 4p - 5:30p 1/2 Open 5:30p - 8:30p Open	17 5a - 8a Open 8a - 9a WATER FIT 9a - 10:30a Open 10:30a - 11a 1/2 Open 11a - 4p Open 4p - 7:15p 1/2 Open 7:15p - 8:30p Open	18 5a - 9:00a Open 9a - 11:30a 1/2 Open 11:30a - 8:30p Open	19 8a - 9a WATER FIT 9a - 12:15p 1/2 Open 12:15p - 4:30p Open
20 12p - 4:30p Open	21 5a - 10:30a Open 10:30a - 11a 1/2 Open 11a - 1p WATER FIT 1p - 1:30p Open 4p - 5:30p 1/2 Open 5:30p - 8:30p Open	22 5a - 8a Open 8a - 9a WATER FIT 9a - 11:30a 1/2 Open 11:30a - 4p Open 4p - 7:15p 1/2 Open 7:15p - 8:30p Open	23 5a - 9:00a Open 9a - 11a 1/2 Open 11a - 1p WATER FIT 1p - 4p Open 4p - 5:30p 1/2 Open 5:30p - 6:30p Open 6:30p - 7:30p ADAPTED 7:30p - 8:30p Open	24 5a - 8a Open 8a - 9a WATER FIT 9a - 10:30a Open 10:30a - 11a 1/2 Open 11a - 4p Open 4p - 7:15p 1/2 Open 7:15p - 8:30p Open	25 5a - 9:00a Open 9a - 11:30a 1/2 Open 11:30a - 8:30p Open	26 8a - 9a WATER FIT 9a - 12:15p 1/2 Open 12:15p - 4:30p Open	
	27 12p - 4:30p Open	28 5a - 10:30a Open 10:30a - 11:30a 1/2 Open 11:30a - 2:30p SAW 2:30p - 4p Open 4p - 5:30p 1/2 Open 5:30p - 8:30p Open	29 5a - 8a Open 8a - 9a WATER FIT 9a - 11:30a 1/2 Open 11:30a - 4p Open 4p - 7:15p 1/2 Open 7:15p - 8:30p Open	30 5a - 9:00a Open 9a - 11:30a 1/2 Open 11:30a - 2:30p SAW 2:30p - 4p Open 4p - 5:30p 1/2 Open 5:30p - 6:30p Open 6:30p - 7:30p ADAPTED 7:30p - 8:30p Open	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.		
Schedule subject to change due to programs, lessons, and at Lifeguard discretion. For the most up-to-date schedule, check out our YMCA 360 App.							

Lazy River: Available when the aquatic facility is open. *except during Balance Basics*

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.

POP UP Class! Debra from 20th is bringing her Balance Basics class to our Lazy River! Join her Sept 1, 3, and 10th from 2 - 3p!
This class will take place on WEDNESDAYS 2:05 - 2:50p Sept 16 onward if successful

Safety Around Water (SAW) is back for the 2026-2027 school year! During this time (11:30-2:30) the ENTIRE Aquatics Department will be closed and no members will be allowed on deck at this time as we teach our 2nd graders from the Oshkosh School District Water Safety!

Adapted Swim is back! During this hour the ENTIRE pool will be closed at this time including the Whirlpool. The sauna and steamroom will remain open to members. We apologize for any inconvenience this may cause and appreciate your understanding.

FULL POOL CLOSURES like most Water Fitness are in Orange

HALF POOL CLOSURES like Swim Lessons are in Blue

Warnings for Pool Closures or Special Events like Adapted & Safety Around Water will be in Red



Oshkosh Community YMCA Downtown Lap Pool Schedule Monthly Calendar For September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 7:30p Lap (3)	2 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 - 7:30p Lap (3)	3 5a - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 7:30p Lap (3)	4 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 5:30p Lap (3) 5:30 - 6:30p WATER FIT 6:30p - 7:30p Lap (3)	5 8a - 11:30a Lap (3)
	6 CLOSED	7 CLOSED Labor Day	8 5a - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 8:30p Lap (3)	9 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)	10 5a - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 8:30p Lap (3)	11 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 5:30p Lap (3) 5:30 - 6:30p WATER FIT 6:30p - 8:30p Lap (3)
13 12p - 4:30p Lap (3)	14 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 1:30p Lap (3) 4p - 5:30p Lap (2) 5:30p - 6:30p WATER FIT 6:30p - 8:30p Lap (3)	15 5a - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 4p Lap (3) 4p - 7:15p Lap (2) 7:15p - 8:30p (Lap 3)	16 5a - 8a Lap (3) 8a - 9a Ai Chi (2) 9a - 11a WATER FIT 11a - 4p Lap (3) 4p - 5:30p Lap (2) 5:30p - 6:30p WATER FIT 6:30p - 8:30p Lap (3)	17 5a - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 4p Lap (3) 4p - 7:15p Lap (2) 7:15p - 8:30p (Lap 3) 6:30p - 8:30p Lap (3)	18 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 5:30p Lap (3) 5:30 - 6:30p WATER FIT 6:30p - 8:30p Lap (3)	19 8a - 9a Lap (3) 9a - 12:15p Lap (2) 12:15p - 4:30p Lap (3)
20 12p - 4:30p Lap (3)	21 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 1:30p Lap (3) 4p - 5:30p Lap (2) 5:30p - 6:30p WATER FIT 6:30p - 8:30p Lap (3)	22 5a - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 4p Lap (3) 4p - 7:15p Lap (2) 7:15p - 8:30p (Lap 3)	23 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 - 7:30p ADAPTED 7:30p - 8:30p Lap (3)	24 5a - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 4p Lap (3) 4p - 7:15p Lap (2) 7:15p - 8:30p (Lap 3)	25 5a - 9a Lap (3) 9a - 11a WATER FIT 11a - 5:30p Lap (3) 5:30 - 6:30p WATER FIT 6:30p - 8:30p Lap (3)	26 8a - 9a Lap (3) 9a - 12:15p Lap (2) 12:15p - 4:30p Lap (3)
27 12p - 4:30p Lap (3)	28 5a - 9a Lap (3) 9a - 11a WATER FIT 11:30a - 2:30p SAW 2:30p - 4p Lap (3) 4p - 5:30p Lap (2) 5:30p - 6:30p WATER FIT 6:30p - 8:30p Lap (3)	29 5a - 9a Lap (3) 9a - 11a WATER FIT 11:05a - 4p Lap (3) 4p - 7:15p Lap (2) 7:15p - 8:30p (Lap 3)	30 5a - 8a Lap (3) 8a - 9a Ai Chi (2) 9a - 11a WATER FIT 11:30a - 2:30p SAW 2:30p - 4p Lap (3) 4p - 5:30p Lap (2) 5:30p - 6:30p WATER FIT 6:30p - 7:30p ADAPTED 7:30p - 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!		**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 YMCA 360 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 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 Randi 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 Dance 5:35 - 6:20 PM Kate J. 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 Randi S. Family Pool	POP UP! Balancing Basics 2:05 - 2:50 PM Debra S. LAZY RIVER		
Water Fit 5:35 - 6:20 PM Rotates Weekly** Lap Pool	POP UP! Balancing Basics 2:05 - 2:50 PM Debra S. LAZY RIVER	Strength & Stretch 12:00 - 12:45 Sue Panek Family Pool			
		Balancing Basics 2:05 - 2:50 PM Debra S. LAZY RIVER			
		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	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 & Randi	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 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.	
Aqua HIIT - Taught by Mel	Strength & Stretch - Taught by Sue	Power Current - Taught by Megan, Gus, & Mel	Balancing Basics - Taught by Debra
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.	Balancing Basics is a water exercise class that uses the current in the Lazy River to help promote better balance and strength.
PLEASE REMEMBER. Due to instructor availability a different instructor may cover different water fitness classes and may teach their prefered class. Check the YMCA 360 APP for the most accurate information on who's teaching where!			