

Fond du Lac Family YMCA
POOL SCHEDULE - Effective April 18-May 24, 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
C L O S E D	5:30-8:00 Lap Swim [4]	5:30-8:00 Lap Swim [4]	5:30-8:00 Lap Swim [4]	5:30-7:30 Lap Swim [4]	5:30-7:30 Lap Swim [4]	6:30-8:00 Lap Swim [4]
					7:30-8:15 Aqua Jog	8:00-9:00
	8:15-9:15 H2O Exercise High Intensity	8:15-9:15 H2O Exercise High Intensity	8:15-9:15 H2O Exercise High Intensity	8:15-9:15 H2O Exercise High Intensity	8:15-9:15 H2O Exercise High Intensity	H2O Exercise High Intensity
	9:15-9:45 Aqua Abs	9:15-9:35 Aqua Abs	9:15-9:45 Aqua Abs	9:15-9:45 Aqua Abs	9:15-10:15 Aqua Sports	9:00-9:30 Aqua Abs
10:30-12:00 FAMILY SWIM	9:45-12:00 OPEN SWIM	9:30-11:00 Learn to Swim 11:00-12:00 AOA	9:45-12:00 Learn to Swim	9:30-11:00 Learn to Swim 11:00-12:00 AOA	10:15-11:00 Child Care 11:00-12:00 A.R.C.	9:30-12:00 Learn to Swim
12:00-1:00 Lap Swim [4]	12:00-1:00 Lap Swim [4]	12:00-1:00 Lap Swim [4]	12:00-1:00 Lap Swim [4]	12:00-1:00 Lap Swim [4]	12:00-1:00 Lap Swim [4]	12:00-1:00 Lap Swim [4]
1:00-4:15 OPEN SWIM	1:00-4:00 OPEN SWIM	1:00-2:30 Open Swim	1:00-4:00 OPEN SWIM	1:00-5:00 OPEN SWIM	1:00-5:30 OPEN SWIM	1-5:45P OPEN SWIM
		2:30-3:30 Lessons				
		3:30-5:00 Open Swim				
	4:00-5:45 Learn to Swim	5:00-6:45 Learn to Swim	4:00-5:45 Learn to Swim	5:00-6:30 Learn to Swim	5:30-6:30 Lap Swim [4]	
C L O S E D	5:45-6:15 Aqua Abs	6:30-7:15 Aqua Jog	5:45-6:15 Aqua Abs			
	6:15-7:15 H2O Exercise High Intensity	7:15-9:45 OPEN SWIM	6:15-7:15 H2O Exercise High Intensity	6:30-9:45 OPEN SWIM	6:30-9:45 OPEN SWIM	C L O S E D
	7:15-9:45 OPEN SWIM		7:15-9:45 OPEN SWIM			

[#] - Indicates how many lap lanes may be available at that time.

No # = Lap lanes may not be available

Summer schedule begins May 25, 2008