

# NO OPEN SWIM DURING SWIM LESSONS



Family Pool @ Fond du Lac Family YMCA  
December 2nd - December 19th

90 W 2nd St  
FOND DU LAC, WI 54935  
(920) 921-3330

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>5am</b>	<b>Open Swim</b> 5am - 4:30pm	<b>Open Swim</b> 5am - 4:30pm	<b>Open Swim</b> 5am - 4:30pm	<b>Open Swim</b> 5am - 4:30pm	<b>Open Swim</b> 5am - 7pm		
<b>6am</b>						<b>Open Swim</b> 6am - 5:30pm	
<b>7am</b>		<b>MORNING GRIND WATER AEROBICS</b> Kelly (Instructor) 7:15am - 8am		<b>MORNING GRIND WATER AEROBICS</b> Kelly (Instructor) 7:15am - 8am			<b>Open Swim</b> 7am - 3:30pm
<b>8am</b>	<b>WATER AEROBICS</b> Carla (Instructor) 8:15am - 9am	<b>MID-TEMPO AQUA BEATS</b> Lynn (Instructor) 8:30am - 9:30am	<b>POOL PARTY</b> Keelyn (Instructor) 8am - 8:45am	<b>MID-TEMPO AQUA BEATS</b> Lynn (Instructor) 8:30am - 9:30am	<b>MID-TEMPO AQUA BEATS</b> Lynn (Instructor) 8:30am - 9:30am	<b>SPLASH JAM</b> Dorothy/ Tina 8am - 9am	
<b>9am</b>	<b>TONE AND STRETCH</b> Jean (Instructor) 9am - 10am	<b>AQUA ABS &amp; ARMS</b> Lynn (Instructor) 9:30am - 10:30am	<b>POOL PARTY</b> Keelyn (Instructor) 9am - 9:45am	<b>AQUA ABS &amp; ARMS</b> Lynn (Instructor) 9:30am - 10:30am			
<b>10am</b>	<b>AQUA FIT</b> Lenore (Instructor) 10:45am - 11:45am	<b>AQUA FIT</b> Lenore (Instructor) 10:45am - 11:45am	<b>TONE AND STRETCH</b> Jean (Instructor) 10am - 11am		<b>AQUA FIT</b> Lenore (Instructor) 10am - 11am		
<b>11am</b>			<b>AQUA FIT</b> Jean (Instructor) 11am - 12pm		<b>TONE AND STRETCH</b> Jean (Instructor) 11am - 12pm		
<b>12pm</b>				<b>WALK &amp; WARM-UP</b> Cindy (Instructor) 12:30pm - 1pm			
<b>1pm</b>		<b>DEEP WATER POWER</b> Cindy (Instructor) 1pm - 1:45pm		<b>DEEP WATER POWER</b> Cindy (Instructor) 1pm - 1:45pm		<b>Water Slide</b> 1pm - 3pm	<b>Water Slide</b> 1pm - 3pm
<b>4pm</b>	<b>Swim Lessons</b> 4:30pm - 5:45pm	<b>Swim Lessons</b> 4:30pm - 5:45pm	<b>Swim Lessons</b> 4:30pm - 5:45pm	<b>Swim Lessons</b> 4:30pm - 5:45pm			
<b>5pm</b>	<b>Open Swim</b> 5:45pm - 8:30pm	<b>Open Swim</b> 5:45pm - 8:30pm	<b>Open Swim</b> 5:45pm - 8:30pm	<b>Open Swim</b> 5:45pm - 8:30pm			
<b>6pm</b>	<b>SPLASH JAM</b> Tina (Instructor) 6pm - 7pm	<b>POOL PARTY</b> Keelyn (Instructor) 6pm - 7pm	<b>SPLASH JAM</b> Tina (Instructor) 6pm - 7pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.