Family Pool @ Fond du Lac Family YMCA

February 15th - April 4th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	**Open Swim** 5am - 8:15am	**Open Swim** 5am - 8:15am	**Open Swim** 5am - 8:15am	**Open Swim** 5am - 8:15am	**Open Swim** 5am - 8:15am		
6am	**Current Channel** 6:45am - 7:45am	**Current Channel** 6:45am - 7:45am	**Current Channel** 6:45am - 7:45am	**Current Channel** 6:45am - 7:45am	**Current Channel** 6:45am - 7:45am	**Open Swim** 6am - 8am	
8am	**WATER AEROBICS** Rotating Instructors 8:15am - 9am	**MID-TEMPO AQUA BEATS** Lynn (Instructor) 8:15am - 9:15am	**WATER AEROBICS** Rotating Instructors 8:15am - 9am	**MID-TEMPO AQUA BEATS** Lynn (Instructor) 8:15am - 9:15am	**MID-TEMPO AQUA BEATS** Lynn (Instructor) 8:15am - 9:15am	**SPLASH JAM** Dorothy (Instructor) 8am - 9am	
9am	**Open Swim** 9am - 10:30am	**AQUA ABS & ARMS** Lynn (Instructor) 9:15am - 10am	**Swim Lessons** 9am - 11am	**Swim Lessons** 9:15am - 1pm	**AQUA TONE MAGPIES** Lynn (Instructor) 9:15am - 10:15am	**Swim Lessons** 9am - 11:30am	**Open Swim** 9am - 12pm
		Swim Lessons 9:30am - 11:45am		**AQUA ABS & ARMS** Lynn (Instructor) 9:15am - 10am		**AQUA ABS & ARMS** Dorothy (Instructor) 9am - 9:30am	
10am	**SPLASH CATS** Rotating Instructors 10:30am - 11:15am		**WATER YOGA** Rotating Instructors 10am - 11am		**SPLASH CATS** Rotating Instructors 10:30am - 11:15am		**Current Channel** 10am - 11:30am
11am	**Open Swim** 11:30am - 4pm	**SPLASH CATS** Rotating Instructors 11:15am - 12pm	**SPLASH CATS** Rotating Instructors 11:15am - 12pm	**SPLASH CATS** Rotating Instructors 11:15am - 12pm	**Open Swim** 11:15am - 9pm	**Open Swim** 11:30am - 1pm	
12pm		**Open Swim** 12pm - 4pm	**Open Swim** 12pm - 4pm	**Open Swim** 12pm - 4pm			**Family Sunday Open Swim/Water Slide** 12pm - 3pm
1pm	**Current Channel** 1pm - 2:30pm		**Current Channel** 1pm - 2:30pm		**Current Channel** 1pm - 2:30pm	**Open Swim/Water Slide** 1pm - 3:30pm	
2pm		**WATER AEROBICS** Cindy (Instructor) 2pm - 3pm		**WATER AEROBICS** Cindy (Instructor) 2pm - 3pm			
3pm							**Open Swim** 3pm - 3:30pm
4pm	**Swim Lessons** 4pm - 6:30pm	**Open Swim/Water Slide** 4pm - 5pm	**Swim Lessons** 4pm - 6:30pm	**Open Swim/Water Slide** 4pm - 5pm		**Open Swim** 4pm - 5:30pm	
5pm		**Swim Lessons** 5pm - 7pm		**Swim Lessons** 5pm - 7pm			
6pm	**Current Channel** 6:30pm - 7:30pm		**SPLASH JAM** Dorothy (Instructor) 6pm - 7pm		**Current Channel** 6:30pm - 7:30pm		
	Open Swim 6:30pm - 9pm						
7pm		**Open Swim** 7pm - 9pm	**Current Channel** 7pm - 8pm	**Open Swim** 7pm - 9pm			
			Open Swim 7pm - 9pm				

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.

- **THERE ARE NO SWIM LESSONS 2/15 – 2/23**
- **NO OPEN SWIM DURING SWIM LESSONS**
- **CURRENT CHANNEL IS ONLY OPEN DURING TIMES LISTED.**
- **THERE WILL BE ONE LAP LANE AVAILABLE IN THE FAMILY POOL FOR LAP SWIMMERS DURING CURRENT CHANNEL TIMES.**
- **WHEN FITNESS CLASSES ARE SCHEDULED: OPEN SWIM IS AVAILABLE.**