Family Pool @ Fond du Lac Family YMCA

August 18th - September 8th

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						**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 - 11:15am	**AQUA ABS & ARMS** Lynn (Instructor) 9:15am - 10am	**Open Swim** 9am - 10am	**AQUA ABS & ARMS** Lynn (Instructor) 9:15am - 10am	**AQUA TONE MAGPIES** Lynn (Instructor) 9:15am - 10:15am	**AQUA ABS & ARMS** Dorothy (Instructor) 9am - 9:30am	
						Open Swim 9:30am - 1pm	
10am		**Open Swim** 10am - 11:15am	**WATER YOGA** Rotating Instructors 10am - 11am	**Open Swim** 10am - 11:15am	**SPLASH CATS** Rotating Instructors 10:30am - 11:15am		
11am	**SPLASH CATS** Rotating Instructors 11:15am - 12pm	**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 - 8:45pm		
12pm	**Open Swim** 12pm - 8:45pm	**Open Swim** 12pm - 8:45pm	**Open Swim** 12pm - 6pm	**Open Swim** 12pm - 8:45pm			
1pm						**Open Swim/Water Slide** 1pm - 3:30pm	
6pm			**SPLASH JAM** Dorothy (Instructor) 6pm - 7pm				
7pm			**Open Swim** 7pm - 8:45pm				

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.

WATER SLIDE HOURS:

Aug. 18 – Sept. 1: Tuesdays & Thursdays 1:00–3:00 pm
Sept. 3 – Sept. 8: Tuesdays & Thursdays 4:00–5:00 pm