



Family Pool @ Fond du Lac Family YMCA
September 23rd - December 15th

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 - 10:30am	AQUA ABS & ARMS Lynn (Instructor) 9:15am - 10am	Swim Lessons 9am - 11:05am	Swim Lessons 9:15am - 12:30pm	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		
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						Open Swim/Water Slide 1pm - 3:30pm	
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	Open Swim 6:30pm - 9pm		SPLASH JAM Dorothy (Instructor) 6pm - 7pm				
7pm		Open Swim 7pm - 9pm	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.