

# RESERVATIONS ARE REQUIRED FOR LAP SWIMMING



**Lap 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>Lap Swim (4 Lanes)</b> 5am - 7:55am	<b>Lap Swim (4 Lanes)</b> 5am - 8am	<b>Lap Swim (4 Lanes)</b> 5am - 7:30am	<b>Lap Swim (4 Lanes)</b> 5am - 8am	<b>Lap Swim (4 Lanes)</b> 5am - 8am		
<b>6am</b>						<b>Lap Swim (4 Lanes)</b> 6am - 5:30pm	
<b>7am</b>							<b>Lap Swim (4 Lanes)</b> 7am - 3:30pm
<b>8am</b>	<b>Lap Swim (2 Lanes)</b> 8am - 9am	<b>Lap Swim (2 Lanes)</b> 8am - 10am	<b>Lap Swim (2 Lanes)</b> 8am - 9am	<b>Lap Swim (2 Lanes)</b> 8am - 10am	<b>Lap Swim (2 Lanes)</b> 8am - 10am		
	<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>9am</b>	<b>Lap Swim (4 Lanes)</b> 9am - 8pm	<b>Lap Swim (4 Lanes)</b> 9am - 8pm	<b>Lap Swim (4 Lanes)</b> 9am - 8pm	<b>Lap Swim (4 Lanes)</b> 9am - 8pm			
<b>10am</b>					<b>Lap Swim (4 Lanes)</b> 10am - 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.