

RESERVATIONS ARE REQUIRED FOR LAP SWIMMING



Lap Pool @ Fond du Lac Family YMCA
March 11th - May 17th

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

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|------|---------------------------------------|---|---|---|------------------------------------|---|--|
| 5am | Lap Swim (4 Lanes) 5am - 7:55am | Lap Swim (4 Lanes) 5am - 8am | Lap Swim (4 Lanes) 5am - 7:55am | Lap Swim (4 Lanes) 5am - 8am | Lap Swim (4 Lanes) 5am - 8am | | |
| 6am | | | | | | Lap Swim (4 Lanes) 6am - 9am | |
| 7am | | | | | | | Lap Swim (4 Lanes) 7am - 1pm |
| 8am | Lap Swim (2 Lanes) 8am - 9am | Lap Swim (2 Lanes) 8am - 10am | Lap Swim (2 Lanes) 8am - 9am | Lap Swim (2 Lanes) 8am - 10am | Lap Swim (2 Lanes) 8am - 9:30am | | |
| | | MID-TEMPO AQUA BEATS Lynn (Instructor) 8:30am - 9:30am | | MID-TEMPO AQUA BEATS Lynn (Instructor) 8:30am - 9:30am | | | |
| 9am | Lap Swim (4 Lanes) 9am - 4pm | | Lap Swim (4 Lanes) 9am - 4pm | | Lap Swim (4 Lanes) 9:30am - 2pm | Lap Swim (3 Lanes) 9am - 11:30am | |
| | | | | | | Swim Lessons (1 Lane) 9am - 11:30am | |
| 10am | | Lap Swim (4 Lanes) 10am - 1pm | | Lap Swim (4 Lanes) 10am - 1pm | | | |
| 11am | | | | | | Lap Swim (4 Lanes) 11:30am - 5:30pm | |
| 1pm | | Lap Swim (2 Lanes) 1pm - 2pm | | Lap Swim (2 Lanes) 1pm - 2pm | | | Open Swim (Lap Test Required) 1pm - 3:30pm |
| | | | | | | | Lap Swim (2 Lanes) 1pm - 3:30pm |
| 2pm | | Lap Swim (4 Lanes) 2pm - 4pm | | Lap Swim (4 Lanes) 2pm - 4pm | POOL CLOSED 2pm - 4pm | | |
| 4pm | Swim Lessons (1 Lane) 4pm - 6pm | Swim Lessons (1 Lane) 4pm - 7pm | Swim Lessons (1 Lane) 4pm - 6pm | Swim Lessons (1 Lane) 4pm - 7pm | Lap Swim (4 Lanes) 4pm - 6pm | | |
| | Lap Swim (3 Lanes) 4pm - 6pm | Lap Swim (3 Lanes) 4pm - 7pm | Lap Swim (3 Lanes) 4pm - 6pm | Lap Swim (3 Lanes) 4pm - 7pm | | | |
| 6pm | Lap Swim (4 Lanes) 6pm - 8pm | | Open Swim (Lap Test Required) 6pm - 8pm | | Lap Swim (2 Lanes) 6pm - 7pm | | |
| | | | Lap Swim (2 Lanes) 6pm - 8pm | | Special Olympics 6pm - 7pm | | |
| 7pm | | Lap Swim (4 Lanes) 7pm - 8pm | | Lap Swim (4 Lanes) 7pm - 8pm | | | |

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.

SPRING BREAK: No Swim Lessons March 30th–April 5th