

# RESERVATIONS ARE REQUIRED FOR LAP SWIMMING



Lap Pool @ Fond du Lac Family YMCA  
September 16th - November 10th

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	Swim Lessons (1 Lane) 9am - 11:30am	
						Lap Swim (3 Lanes) 9am - 11:30am	
10am		Lap Swim (4 Lanes) 10am - 1pm		Lap Swim (4 Lanes) 10am - 1pm			
11am						Lap Swim (4 Lanes) 11:30am - 1pm	
1pm		Lap Swim (2 Lanes) 1pm - 2pm		Lap Swim (2 Lanes) 1pm - 2pm		Open Swim (Lap Test Required) 1pm - 3pm	Open Swim (Lap Test Required) 1pm - 3pm
		DEEP WATER POWER Cindy (Instructor) 1pm - 1:45pm		DEEP WATER POWER Cindy (Instructor) 1pm - 1:45pm		Lap Swim (2 Lanes) 1pm - 3pm	Lap Swim (2 Lanes) 1pm - 3pm
2pm		Lap Swim (4 Lanes) 2pm - 4pm		Lap Swim (4 Lanes) 2pm - 4pm	POOL CLOSED 2pm - 4pm		
3pm						Lap Swim (4 Lanes) 3pm - 5:30pm	Lap Swim (4 Lanes) 3pm - 3:30pm
4pm	Swim Lessons (1 Lane) 4pm - 6pm	Swim Lessons (1 Lane) 4pm - 6:40pm	Swim Lessons (1 Lane) 4pm - 6pm	Swim Lessons (1 Lane) 4pm - 6:40pm	Lap Swim (4 Lanes) 4pm - 7pm		
	Lap Swim (3 Lanes) 4pm - 6pm	Lap Swim (3 Lanes) 4pm - 6:40pm	Lap Swim (3 Lanes) 4pm - 6pm	Lap Swim (3 Lanes) 4pm - 6:40pm			
6pm	Lap Swim (4 Lanes) 6pm - 8:30pm	Lap Swim (4 Lanes) 6:40pm - 8:30pm	Lap Swim (4 Lanes) 6pm - 8:30pm	Lap Swim (4 Lanes) 6:40pm - 8:30pm			

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.