



Lap 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	Lap Swim 5am - 9am	Lap Swim 5am - 9am	Lap Swim 5am - 9am	Lap Swim 5am - 9am	Lap Swim 5am - 9am		
6am						Lap Swim 6am - 9am	
9am	Open/Lap swim 9am - 4pm	Open/Lap swim 9am - 5pm	Open/Lap swim 9am - 4pm	Open/Lap swim 9am - 5pm	Open/Lap swim 9am - 9pm	Swim Lessons 9am - 11:30am	Open/Lap swim 9am - 3:30pm
11am						Open/Lap swim 11:30am - 5:30pm	
2pm		DEEP WATER POWER Cindy (Instructor) 2pm - 3pm		DEEP WATER POWER Cindy (Instructor) 2pm - 3pm			
4pm	Swim Lessons 4pm - 6:30pm		Swim Lessons 4pm - 6:30pm				
5pm		Swim Lessons 5pm - 7pm		Swim Lessons 5pm - 7:30pm			
6pm	Open/Lap swim 6:30pm - 9pm		Open/Lap swim 6:30pm - 9pm				
7pm		Open/Lap swim 7pm - 9pm		Open/Lap swim 7:30pm - 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.