



North Pool @ Woodson YMCA-Wausau

May 8th - May 14th

707 N. 3rd Street
Wausau, WI 54403
715-845-2177

	THU 8	FRI 9	SAT 10	SUN 11	MON 12	TUE 13	WED 14
5am		Lap Swim/Water Walking (6) 5am - 8:50am			Lap Swim/Water Walking (6) 5am - 8:50am	Lap Swim/Water Walking (6) 5am - 8:50am	Lap Swim/Water Walking (6) 5am - 8:50am
6am	S'WET™- North Pool (2 Lanes) (4 Lap Lanes Open) Melani L 6am - 6:45am						
7am			Lap Swim/Water Walking (6) 7am - 2pm				
9am	Shallow Water Exercise (No Lap Swim) Steve R 9am - 9:45am	Shallow Water Exercise (No Lap Swim) Renee / Karen 9am - 9:45am			Shallow Water Exercise (No Lap Swim) Diann / Renee 9am - 9:45am	55+ Aquatic Exercise (No Lap Swim) Karen - 9am - 9:45am	Shallow Water Exercise (No Lap Swim) Cynthia A 9am - 9:45am
	Lap Swim/Water Walking (6) 9:55am - 2pm	Lap Swim/Water Walking (6) 9:55am - 2pm			Lap Swim/Water Walking (6) 9:55am - 2pm	Lap Swim/Water Walking (6) 9:55am - 2pm	Lap Swim/Water Walking (6) 9:55am - 2pm
12pm				Lap Swim/Water Walking (6) 12pm - 4pm			
4pm	Lap Swim/Water Walking (6) 4pm - 4:30pm	Lap Swim/Water Walking (6) 4pm - 8pm			Lap Swim/Water Walking (6) 4pm - 4:30pm	Lap Swim/Water Walking (6) 4pm - 4:30pm	Lap Swim/Water Walking (6) 4pm - 4:30pm
	Lap Swim/Water Walking (3) 4:30pm - 7:30pm				Lap Swim/Water Walking (3) 4:30pm - 6pm	Lap Swim/Water Walking (3) 4:30pm - 7:30pm	Lap Swim/Water Walking (3) 4:30pm - 6pm
6pm					Lap Swim/Water Walking (6) 6pm - 8pm		Lap Swim/Water Walking (6) 6pm - 8pm
7pm	Lap Swim/Water Walking (6) 7:30pm - 8pm					Lap Swim/Water Walking (6) 7:30pm - 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.