



Pool @ Aspirus YMCA

March 30th - April 5th

3402 Howland Avenue

Weston, WI 54476

715-841-1850

	SUN 30	MON 31	TUE 1	WED 2	THU 3	FRI 4	SAT 5
5am		Lap Swim (8) 5am - 8:15am	Lap Swim (8) 5am - 8:15am	Lap Swim (8) 5am - 8:15am	Lap Swim (8) 5am - 8:15am	Lap Swim (8) 5am - 6am	
6am						Lap Swim (3) 6am - 6:45am	
						Lap Swim (8) 6:45am - 8:15am	
7am							Lap Swim (8) 7am - 10am
8am		Lap Swim (3) 8:15am - 9:30am	Lap Swim (3) 8:15am - 9:30am	Lap Swim (3) 8:15am - 9:30am	Lap Swim (3) 8:15am - 9:30am	Lap Swim (3) 8:15am - 9:30am	
		Deep Water Exercise Nancy Y 8:30am - 9:30am	Deep Water Exercise Dona S 8:30am - 9:30am	Deep Water Exercise Mary B 8:30am - 9:30am	Deep Water Exercise Kitty G 8:30am - 9:30am	Deep Water Exercise Cindy G 8:30am - 9:30am	
9am		Lap Swim (6) 9:30am - 11am	Lap Swim (6) 9:30am - 11am	Lap Swim (6) 9:30am - 11am	Lap Swim (6) 9:30am - 11am	Lap Swim (6) 9:30am - 11am	
		Open Swim 9:30am - 11am	Open Swim 9:30am - 11am	Open Swim 9:30am - 11am	Open Swim 9:30am - 11am	Open Swim 9:30am - 11am	
10am	Lap Swim (8) 10am - 12pm						Lap Swim (4) 10am - 12pm
12pm	Lap Swim (2) 12pm - 1:45pm						Lap Swim (6) 12pm - 2pm
	Open Swim 12pm - 1:45pm						Open Swim 12pm - 2pm
4pm		Lap Swim (8) 4pm - 5:45pm	Lap Swim (8) 4pm - 7:45pm	Lap Swim (8) 4pm - 5:45pm	Lap Swim (8) 4pm - 7:45pm	Lap Swim (8) 4pm - 7:45pm	
5pm		Lap Swim (5) 5:45pm - 7:30pm		Lap Swim (5) 5:45pm - 7:30pm			
7pm		Lap Swim (8) 7:30pm - 7:45pm		Lap Swim (8) 7:30pm - 7:45pm			

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.