



Pool @ Aspirus YMCA

April 8th - April 14th

3402 Howland Avenue

Weston, WI 54476

715-841-1850

	TUE 8	WED 9	THU 10	FRI 11	SAT 12	SUN 13	MON 14
5am	Lap Swim (8) 5am - 8:15am	Lap Swim (8) 5am - 8:15am	Lap Swim (8) 5am - 8:15am	Lap Swim (8) 5am - 6am			Lap Swim (8) 5am - 8:15am
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 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			Deep Water Exercise Nancy Y 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 (4) 10am - 12pm	Lap Swim (8) 10am - 12pm	
12pm					Lap Swim (6) 12pm - 2pm	Lap Swim (6) 12pm - 1:45pm	
					Open Swim 12pm - 2pm	Open Swim 12pm - 1:45pm	
4pm	Lap Swim (8) 4pm - 7:45pm	Lap Swim (8) 4pm - 5:45pm	Lap Swim (8) 4pm - 7:45pm	Lap Swim (8) 4pm - 7:45pm			Lap Swim (8) 4pm - 4:15pm
							Lap Swim (2) 4:15pm - 5:45pm
5pm		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.