



# Pool @ Aspirus YMCA

April 14th - April 20th

3402 Howland Avenue

Weston, WI 54476

715-841-1850

	MON 14	TUE 15	WED 16	THU 17	FRI 18	SAT 19	SUN 20
5am	<b>Lap Swim (8)</b> 5am - 8:15am	<b>Lap Swim (8)</b> 5am - 8:15am	<b>Lap Swim (8)</b> 5am - 8:15am	<b>Lap Swim (8)</b> 5am - 8:15am	<b>Lap Swim (8)</b> 5am - 6am		
6am					<b>Lap Swim (3)</b> 6am - 6:45am		
					<b>Lap Swim (8)</b> 6:45am - 8:15am		
7am						<b>Lap Swim (8)</b> 7am - 10am	
8am	<b>Lap Swim (3)</b> 8:15am - 9:30am	<b>Lap Swim (3)</b> 8:15am - 9:30am	<b>Lap Swim (3)</b> 8:15am - 9:30am	<b>Lap Swim (3)</b> 8:15am - 9:30am	<b>Lap Swim (3)</b> 8:15am - 9:30am		
	<b>Deep Water Exercise</b> Nancy Y 8:30am - 9:30am	<b>Deep Water Exercise</b> Dona S 8:30am - 9:30am	<b>Deep Water Exercise</b> Mary B 8:30am - 9:30am	<b>Deep Water Exercise</b> Kitty G 8:30am - 9:30am	<b>Deep Water Exercise</b> Cindy G 8:30am - 9:30am		
9am	<b>Lap Swim (6)</b> 9:30am - 11am	<b>Lap Swim (6)</b> 9:30am - 11am	<b>Lap Swim (6)</b> 9:30am - 11am	<b>Lap Swim (6)</b> 9:30am - 11am	<b>Lap Swim (6)</b> 9:30am - 11am		
	<b>Open Swim</b> 9:30am - 11am	<b>Open Swim</b> 9:30am - 11am	<b>Open Swim</b> 9:30am - 11am	<b>Open Swim</b> 9:30am - 11am	<b>Open Swim</b> 9:30am - 11am		
10am						<b>Lap Swim (4)</b> 10am - 12pm	<b>Lap Swim (8)</b> 10am - 12pm
12pm						<b>Lap Swim (6)</b> 12pm - 2pm	<b>Lap Swim (2)</b> 12pm - 1:45pm
						<b>Open Swim</b> 12pm - 2pm	<b>Lap Swim (6)</b> 12pm - 1:45pm
							<b>Open Swim</b> 12pm - 1:45pm
4pm	<b>Lap Swim (8)</b> 4pm - 4:15pm	<b>Lap Swim (8)</b> 4pm - 4:15pm	<b>Lap Swim (2)</b> 4pm - 5:45pm	<b>Lap Swim (8)</b> 4pm - 4:15pm	<b>Lap Swim (2)</b> 4pm - 6pm		
	<b>Lap Swim (2)</b> 4:15pm - 5:45pm	<b>Lap Swim (2)</b> 4:15pm - 7:30pm		<b>Lap Swim (2)</b> 4:15pm - 7:30pm			
6pm			<b>Lap Swim (2)</b> 6pm - 7:30pm		<b>Lap Swim (8)</b> 6pm - 7:30pm		
7pm	<b>Lap Swim (8)</b> 7:30pm - 7:45pm	<b>Lap Swim (8)</b> 7:30pm - 7:45pm	<b>Lap Swim (8)</b> 7:30pm - 7:45pm	<b>Lap Swim (8)</b> 7:30pm - 7:45pm	<b>Lap Swim (8)</b> 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.