



Pool @ Aspirus YMCA

April 18th - April 24th

3402 Howland Avenue

Weston, WI 54476

715-841-1850

	FRI 18	SAT 19	SUN 20	MON 21	TUE 22	WED 23	THU 24
5am	Lap Swim (8) 5am - 6am			Lap Swim (8) 5am - 8:15am	Lap Swim (8) 5am - 8:15am	Lap Swim (8) 5am - 8:15am	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 Cindy G 8:30am - 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
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 (2) 12pm - 1:45pm				
		Open Swim 12pm - 2pm	Lap Swim (6) 12pm - 1:45pm				
			Open Swim 12pm - 1:45pm				
4pm	Lap Swim (2) 4pm - 6pm			Lap Swim (8) 4pm - 4:15pm	Lap Swim (8) 4pm - 4:15pm	Lap Swim (2) 4pm - 5:45pm	Lap Swim (8) 4pm - 4:15pm
				Lap Swim (2) 4:15pm - 5:45pm	Lap Swim (2) 4:15pm - 7:30pm		Lap Swim (2) 4:15pm - 7:30pm
6pm	Lap Swim (8) 6pm - 7:30pm					Lap Swim (2) 6pm - 7:30pm	
7pm	Lap Swim (8) 7:30pm - 7:45pm			Lap Swim (8) 7:30pm - 7:45pm	Lap Swim (8) 7:30pm - 7:45pm	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.