



Pool @ Aspirus YMCA
May 13th - May 19th

3402 Howland Avenue
Weston, WI 54476
715-841-1850

	TUE 13	WED 14	THU 15	FRI 16	SAT 17	SUN 18	MON 19
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
10am					Lap Swim (4) 10am - 12pm	Lap Swim (8) 10am - 12pm	
11am	Lap Swim (8) 11am - 12pm	Lap Swim (8) 11am - 12pm	Lap Swim (8) 11am - 12pm	Lap Swim (8) 11am - 12pm			Lap Swim (8) 11am - 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 - 4:15pm	Lap Swim (1) 4pm - 5:45pm	Lap Swim (8) 4pm - 4:15pm	Lap Swim (2) 4pm - 6pm			Lap Swim (8) 4pm - 4:15pm
	Lap Swim (2) 4:15pm - 7:30pm		Lap Swim (2) 4:15pm - 7:30pm				Lap Swim (2) 4:15pm - 5:45pm
6pm		Lap Swim (1) 6pm - 7:30pm		Lap Swim (8) 6pm - 7:45pm			
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

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.