



Pool @ Aspirus YMCA

May 26th - June 1st

3402 Howland Avenue

Weston, WI 54476

715-841-1850

	MON 26	TUE 27	WED 28	THU 29	FRI 30	SAT 31	SUN 1
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 - 12pm	
8am	Open Swim 8am - 11:45am	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 (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 - 4:15pm	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 (2) 4:15pm - 7:30pm		Lap Swim (2) 4:15pm - 7:30pm			
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.