



Pool @ Aspirus YMCA

June 25th - July 1st

3402 Howland Avenue

Weston, WI 54476

715-841-1850

	WED 25	THU 26	FRI 27	SAT 28	SUN 29	MON 30	TUE 1
5am	Lap Swim (8) 5am - 6:30am	Lap Swim (8) 5am - 6:30am	Lap Swim (8) 5am - 5:30am			Lap Swim (8) 5am - 6:30am	Lap Swim (8) 5am - 6:30am
			Lap Swim (3) 5:30am - 6:30am				
6am	Lap Swim (2) 6:30am - 9:30am	Lap Swim (2) 6:30am - 9:30am	Lap Swim (2) 6:30am - 9:30am			Lap Swim (2) 6:30am - 9:30am	Lap Swim (2) 6:30am - 9:30am
7am				Lap Swim (8) 7am - 12pm			
8am	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	Deep Water Exercise Dona S 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		
3pm	Lap Swim (8) 3pm - 4pm	Lap Swim (8) 3pm - 4pm	Lap Swim (8) 3pm - 7pm			Lap Swim (8) 3pm - 4pm	Lap Swim (8) 3pm - 4pm
4pm	Lap Swim (2) 4pm - 5:30pm	Lap Swim (2) 4pm - 5:30pm				Lap Swim (2) 4pm - 5:30pm	Lap Swim (2) 4pm - 5:30pm
5pm	Lap Swim (8) 5:30pm - 7pm	Lap Swim (4) 5:30pm - 6:30pm				Lap Swim (8) 5:30pm - 7pm	Lap Swim (4) 5:30pm - 6:30pm
6pm		Lap Swim (8) 6:30pm - 7pm					Lap Swim (8) 6:30pm - 7pm

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.