



Pool @ Aspirus YMCA
July 25th - July 31st

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

	FRI 25	SAT 26	SUN 27	MON 28	TUE 29	WED 30	THU 31
5am	Lap Swim (8) 5am - 5:30am			Lap Swim (8) 5am - 6:30am	Lap Swim (8) 5am - 6:30am	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 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
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 - 7pm			Lap Swim (8) 3pm - 7pm	Lap Swim (8) 3pm - 7pm	Lap Swim (8) 3pm - 7pm	Lap Swim (8) 3pm - 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.