



Pool @ Aspirus YMCA  
July 29th - August 4th

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

	MON 29	TUE 30	WED 31	THU 1	FRI 2	SAT 3	SUN 4
5am	Lap Swim (8) 5am - 6:45am	Lap Swim (8) 5am - 6:45am	Lap Swim (8) 5am - 6:45am	Lap Swim (8) 5am - 8:15am	Lap Swim (8) 5am - 6am		
6am	Lap Swim (4) 6:45am - 8:15am	Lap Swim (4) 6:45am - 8:15am	Lap Swim (1) 6:45am - 8:30am		Lap Swim (4) 6am - 6:45am		
					Lap Swim (8) 6:45am - 8:15am		
7am						Lap Swim (8) 7am - 10:30am	
8am	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	Lap Swim (3) 8:15am - 9:30am	Lap Swim (3) 8:15am - 9:30am		
	Lap Swim (3) 8:30am - 9:30am	Lap Swim (3) 8:30am - 9:30am	Lap Swim (3) 8:30am - 9:30am	Deep Water Exercise Kitty G 8:30am - 9:30am	Deep Water Exercise Cindy G 8:30am - 9:30am		
9am	Lap Swim (8) 9:30am - 11am	Lap Swim (6) 9:30am - 11am	Lap Swim (8) 9:30am - 11am	Lap Swim (6) 9:30am - 11am	Lap Swim (8) 9:30am - 11am		
10am						Lap Swim (6) 10:30am - 2pm	Lap Swim (8) 10am - 12pm
						Open Swim 10:30am - 2pm	
12pm							Lap Swim (2) 12pm - 1:45pm
							Open Swim 12pm - 1:45pm
4pm	Lap Swim (3) 4pm - 7:45pm	Lap Swim (3) 4pm - 6:15pm	Lap Swim (3) 4pm - 7:45pm	Lap Swim (8) 4pm - 7:45pm	Lap Swim (8) 4pm - 7:45pm		
6pm		Lap Swim (8) 6:15pm - 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.