



Pool @ Aspirus YMCA
December 4th - December 10th

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

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