



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COMPETITIVE POOL SCHEDULE

LAP POOL – JANUARY 7 – FEBRAURY 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-8:00am Lap Swim (8)	5:00-4:30pm Lap Swim (8)	5:00-8:00am Lap Swim (8)	5:00-4:30pm Lap Swim (8)	5:00-8:00am Lap Swim (8)	6:00-8:00am Lap Swim (8)	
8:00-9:00am Lap Swim (2) Deep Water Aqua Jog (6)		8:00-9:00am Lap Swim (2) Deep Water Aqua Jog (6)		8:00- 9:00am Lap Swim (2) Deep Water Aqua Jog (6)	8:00-11:30am Lap Swim (6) Swim Lessons (2)	
9:15-10:15am Lap Swim (2) Water Aerobics (6)		9:15-10:15am Lap Swim (2) Water Aerobics (6)		9:00-10:15am Lap Swim (2) Water Aerobics (6)		
10:15-3:00pm Lap Swim (8)		10:15-3:00pm Lap Swim (8)		10:15-6:00pm Lap Swim (8)	11:30-1:00pm Lap Swim (8)	10:00-1:00pm Lap Swim (8)
3:00-4:30pm Lap Swim (5) Special Olympics(3)		3:00-4:30pm Lap Swim (5) Special Olympics(3)				
4:30-6:00pm Lap Swim (1) Sea Dragons Swim Team (7)	4:30-6:00pm Lap Swim (1) Sea Dragons Swim Team (7)	4:30-6:00pm Lap Swim (1) Sea Dragons Swim Team (7)	4:30-6:00pm Lap Swim (1) Sea Dragons Swim Team (7)		1:00-5:30pm Lap Swim (6) Open Swim with Diving Board (3)	1:00-3:30pm Lap Swim (5) Open Swim with Diving Board (3)
6:00-6:45pm Lap Swim (6) Deep Water Aqua Jog (2)	6:00-6:30pm Lap Swim (8)	6:00-6:30pm Lap Swim (8)	6:00-6:30pm Lap Swim (8)	6:00-8:00pm Lap Swim (5) Open Swim with Diving Board (3)		
7:00-7:30pm Lap Swim (5) Paddle Board Yoga (3)	6:30-8:00pm Lap Swim (5) Swim Lessons (3)	6:30-7:15pm Lap Swim (5) Aqua Zumba (3)	6:30-8:00pm Lap Swim (5) Swim Lessons (3)			
7:30-8:00pm Lap Swim (8)		7:15-8:00pm Lap Swim (8)				

- **NEW! Both Pool's will close at 8:00pm during the week**
- **New! Sunday Lap Swim starting at 10:00am**
- **School's Day Out Open Swim with Diving Board 1:00-3:30pm: January 18 & January 21**
- **CLOSED for Sea Dragon's Home Swim Meet starting Friday, February 1 at 7:00pm and will REOPEN Sunday, February 3 at 10:00am.**
- **CLOSED on January 18 and January 22 from 5-8pm for Beaver Dam High School Boys Swim Meet**



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FAMILY ADVENTURE POOL SCHEDULE

ACTIVITY POOL – JANUARY 7- FEBRUARY 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-11:45am Propulsion Walking	6:00-11:00am Propulsion Walking	6:00-11:45am Propulsion Walking	6:00-11:00am Propulsion Walking	6:00-11:45am Propulsion Walking	8:00-11:30am Propulsion Walking Swim Lessons	
7:00-8:00am Low Impact Water Aerobics		7:00-8:00am Low Impact Water Aerobics		7:00-8:00am Low Impact Water Aerobics		
9:00-11:00am Tot Time	9:00-11:00am Swim Lessons	9:00-11:00am Tot Time	9:00-11:00am Swim Lessons	9:00-11:00am Tot Time	9:00-11:00am Tot Time	
10:30-11:30am Easy-Peasee on the Hips & Kneesies		10:30-11:30am Easy-Peasee on the Hips & Kneesies		10:30-11:30am Easy-Peasee on the Hips & Kneesies		
11:45-4:00pm CLOSED	11:00-4:00pm CLOSED	11:45-4:00pm CLOSED	11:00-4:00pm CLOSED	11:45-4:00pm CLOSED	11:30-1:00pm CLOSED	
4:00-7:00pm Propulsion Walking Family Swim with Fountains	4:00-7:00pm Propulsion Walking Swim Lessons	4:00-7:00pm Propulsion Walking Family Swim with Fountains	4:00-7:00pm Propulsion Walking Swim Lessons	4:00-6:00pm Propulsion Walking Open Swim No Fountains	1:00-5:30pm Open Swim with Slide	1:00-3:30pm Open Swim with Slide
5:00-5:45pm High Intensity Water Aerobics		5:30-6:15pm Aqua Zumba				
7:00-8:00pm Propulsion Walking	7:00-8:00pm Propulsion Walking	7:00-8:00pm Propulsion Walking	7:00-8:00pm Propulsion Walking	6:00-8:00pm Open Swim with Slide		

NEW!!!

- **Tot Time** Mondays, Wednesdays, Fridays and Saturdays from 9:00-11:00am
- **Family Swim with Fountains** Mondays and Wednesdays from 4:00-7:00pm
- **Open Swim without Fountains** Fridays 4:00-6:00pm
- **Open Swim with Slide** Fridays 6:00-8:00pm, Saturdays 1:00-5:30pm, Sundays 1-3:30pm
- **School's Day Out Family Swim with Fountains 1:00-3:30pm: January 18 & January 21**
- **No Swim Lessons February 2 due to Sea Dragon's Home Swim Meet**
- Propulsion Walking (Ages 13 and up) only walking in River allowed all other areas are closed
- Children 5 and under or non-swimmers must be within arm's reach of an adult guardian at all times
- Children 7 and under must be actively supervised by an adult guardian at all times
- Non-swimmers are to wear PFDs

YMCA of Dodge County

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