



Clara R. McKenna Aquatic Center- Antigo- November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Visit our Facebook Page, Clara R. McKenna Aquatic Center, for programming updates and announcements! Contact info: Abby Tesch- Senior Director of Aquatics and Competitive Sports P: (715) 627-0497 E: atesch@woodsonymca.com			¹ 6am-12pm: Adult swim 12-3pm: Therapy 3:30-7pm: Open swim	² 6-8am: Adult swim 8-8:45am: Aerobics 9-9:45am: Arthritis class 9:45am-11am: Open swim 11am-12pm: Adult swim 3:30-7pm: Open swim	³ 6-10am: Adult swim 10am-11am: Open swim 11am-12pm: Adult swim 3:30-6:30pm: Open swim	⁴ 11am-4pm: Open swim
⁵ 12-5pm: Open swim	⁶ 6am-12pm: Adult swim 12-3pm: Therapy 3:30-5pm: Open swim 5-6pm: Swim team pictures 6-7pm: Open swim	⁷ 6-8am: Adult swim 8-8:45am: Aerobics 9-9:45am: Arthritis class 9:45am-11am: Open swim 11am-12pm: Adult swim 3:30-7pm: Open swim	⁸ 6am-12pm: Adult swim 12-3pm: Therapy 3:30-7pm: Open swim	⁹ 6-8am: Adult swim 8-8:45am: Aerobics 9-9:45am: Arthritis class 9:45am-11am: Open swim 11am-12pm: Adult swim 3:30-7pm: Open swim	¹⁰ 6-10am: Adult swim 10am-11am: Open swim 11am-12pm: Adult swim 3:30-6:30pm: Open swim	¹¹ 11am-4pm: Open swim
¹² 12-5pm: Open swim	¹³ 6am-12pm: Adult swim 12-3pm: Therapy 3:30-7pm: Open swim	¹⁴ 6-8am: Adult swim 8-8:45am: Aerobics 9-9:45am: Arthritis class 9:45am-11am: Open swim 11am-12pm: Adult swim 3:30-7pm: Open swim	¹⁵ 6am-12pm: Adult swim 12-3pm: Therapy 3:30-7pm: Open swim	¹⁶ 6-8am: Adult swim 8-8:45am: Aerobics 9-9:45am: Arthritis class 9:45am-11am: Open swim 11am-12pm: Adult swim 3:30-7pm: Open swim	¹⁷ 6-10am: Adult swim 10am-11am: Open swim 11am-12pm: Adult swim 3:30-6:30pm: Open swim	¹⁸ 11am-4pm: Open swim
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**REMINGTON
COMPETITION POOL**

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5 12-5pm: Open/lap swim	6 5:15-11am: Lap/open swim 8-8:45am: Aerobics 3:30-4:15pm: Lap/open swim 4:15-6:30: Swim club 6:30-7pm: Lap/open swim	7 5:15-11am: Lap/open swim 3:30-5pm: Lap/open swim 5-6:30pm: Swim club 6:30-7pm: Lap/open swim	8 5:15-11am: Lap/open swim 8-8:45am: Aerobics 3:30-4:15pm: Lap/open swim 4:15-6:30: Swim club 6:30-7pm: Lap/open swim	9 5:15-11am: Lap/open swim 3:30-5pm: Lap/open swim 5-6:30pm: Swim club 6:30-7pm: Lap/open swim	10 5:15-11am: Lap/open swim 8-8:45am: Aerobics 3:30-4:15pm: Lap/open swim 4:15-6:30: Swim club 6:30-7pm: Lap/open swim	11 11am-4pm: Open/lap swim
12 12-5pm: Open/lap swim	13 5:15-11am: Lap/open swim 8-8:45am: Aerobics 3:30-4:15pm: Lap/open swim 4:15-6:30: Swim club 6:30-7pm: Lap/open swim	14 5:15-11am: Lap/open swim 3:30-5pm: Lap/open swim 5-6:30pm: Swim club 6:30-7pm: Lap/open swim	15 5:15-11am: Lap/open swim 8-8:45am: Aerobics 3:30-4:15pm: Lap/open swim 4:15-6:30: Swim club 6:30-7pm: Lap/open swim	16 5:15-11am: Lap/open swim 3:30-5pm: Lap/open swim 5-6:30pm: Swim club 6:30-7pm: Lap/open swim	17 5:15-11am: Lap/open swim 8-8:45am: Aerobics 3:30-4:15pm: Lap/open swim 4:15-6:30: Swim club 6:30-7pm: Lap/open swim	18 11am-4pm: Open/lap swim
19 12-5pm: Open/lap swim	20 5:15-6:45am- Swim club 6:45-11am: Lap/open swim 8-8:45am: Aerobics 3:30-7pm: Lap/open swim	21 5:15-11am: Lap/open swim 3:30-5pm: Lap/open swim 5-6:30pm: Swim club 6:30-7pm: Lap/open swim	22 5:15-11am: Lap/open swim 8-8:45am: Aerobics 3:30-4:15pm: Lap/open swim 4:15-6:30: Swim club 6:30-7pm: Lap/open swim	23 CLOSED- HAPPY THANKSGIVING!	24 5:15-11am: Lap/open swim 8-8:45am: Aerobics 12-6:30pm: Lap/open swim	25 11am-4pm: Open/lap swim
26 12-5pm: Open/lap swim	27 5:15-11am: Lap/open swim 8-8:45am: Aerobics 3:30-4:15pm: Lap/open swim 4:15-6:30: Swim club 6:30-7pm: Lap/open swim	28 5:15-6:45am: Swim club 6:45-11am: Lap/open swim 3:30-7pm: Lap/open swim	29 5:15-11am: Lap/open swim 8-8:45am: Aerobics 3:30-4:15pm: Lap/open swim 4:15-6:30: Swim club 6:30-7pm: Lap/open swim	30 5:15-6:45am: Swim club 6:45-11am: Lap/open swim 3:30-7pm: Lap/open swim	1 5:15-11am: Lap/open swim 8-8:45am: Aerobics 3:30-4:15pm: Lap/open swim 4:15-6:30: Swim club 6:30-7pm: Lap/open swim	

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