



Summer Pool Schedule
 Pool @ Pierson Road YMCA
 June 1st - August 31st

5219 W. Pierson Road
 Flushing Michigan, MI 48433
 (810) 732-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Adult Lap Swim 5am - 8:15am	Adult Lap Swim 5am - 8:15am	Adult Lap Swim 5am - 8:15am	Adult Lap Swim 5am - 8:15am	Adult Lap Swim 5am - 8:15am		
6am						Adult Lap Swim 6am - 8am	
8am	Tone-Robics 8:30am - 9:30am	Tone-Robics 8:30am - 9:30am	Tone-Robics 8:30am - 9:30am	Tone-Robics 8:30am - 9:30am	Tone-Robics 8:30am - 9:30am	Hydrrobics 8am - 9am	
9am	Adult Lap Swim 9:30am - 11am	Adult Lap Swim 9:30am - 11am	Adult Lap Swim 9:30am - 11am	Adult Lap Swim 9:30am - 11am	Adult Lap Swim 9:30am - 11am	Open Swim 9am - 6pm	
11am	Tone-Robics 11am - 12pm	Open Swim 11am - 2:30pm	Tone-Robics 11am - 12pm	Open Swim 11am - 2:30pm	Tone-Robics 11am - 12pm		
12pm	Swim Lessons 12pm - 1:30pm		Swim Lessons 12pm - 1:30pm		Adult Lap Swim 12pm - 1:30pm		
1pm	Aqua Flex 1:30pm - 2:30pm		Aqua Flex 1:30pm - 2:30pm		Aqua Flex 1:30pm - 2:30pm		Open Swim 1pm - 4:30pm
2pm	Camp Boomerang 2:30pm - 4:30pm	Camp Boomerang 2:30pm - 4:30pm	Camp Boomerang 2:30pm - 4:30pm	Camp Boomerang 2:30pm - 4:30pm	Camp Boomerang 2:30pm - 4:30pm		
4pm	Open Swim 4:15pm - 5pm	Open Swim 4:15pm - 5pm	Open Swim 4:15pm - 5pm	Open Swim 4:15pm - 5pm	Open Swim 4:15pm - 5pm		
					Open Swim 4:30pm - 9pm		
5pm	Swim Lessons 5pm - 6:30pm	Swim Lessons 5pm - 6:30pm	Swim Lessons 5pm - 6:30pm	Swim Lessons 5pm - 6:30pm			
6pm	Hydrrobics 6:30pm - 7:30pm	Aqua Zumba 6:30pm - 7:30pm	Hydrrobics 6:30pm - 7:30pm	Aqua Zumba 6:30pm - 7:30pm			
7pm	Open Swim 7:30pm - 9pm	Open Swim 7:30pm - 9pm	Open Swim 7:30pm - 9pm	Open Swim 7:30pm - 9pm			

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.