



Pool Schedule

Pool @ Downtown YMCA
May 29th - June 17th

411 E. 3rd St
Flint, MI 48503
(810) 232-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Adult Lap Swim 5am - 9am	Adult Lap Swim 5am - 9am	Adult Lap Swim 5am - 9am	Adult Lap Swim 5am - 9am	Adult Lap Swim 5am - 9am		
6am						Adult Lap Swim 6am - 9am	
10am	Fitness Swim Lifeguard Present 10am - 1pm	Aqua Aerobics Vicki S. 10am - 11am	Fitness Swim Lifeguard Present 10am - 1pm	Aqua Aerobics Vicki S. 10am - 11am	Fitness Swim Lifeguard Present 10am - 1pm		
11am		Fitness Swim Lifeguard Present 11am - 1pm		Fitness Swim Lifeguard Present 11am - 1pm			
1pm						Open Swim 1pm - 6pm	Open Swim 1pm - 4pm
4pm	Flint Falcons Practice Lifeguard Present 4pm - 5:45pm		Flint Falcons Practice Lifeguard Present 4pm - 5:45pm		Reserved for School Group 4pm - 6:30pm		
5pm		Open Swim 5pm - 9pm		Open Swim 5pm - 9pm			
6pm	Aqua Aerobics Tracey M. 6pm - 7pm		Aqua Aerobics Tracey M. 6pm - 7pm		Open Swim 6:30pm - 9pm		
7pm	Flint Falcons Practice Lifeguard Present 7pm - 8:45pm		Flint Falcons Practice Lifeguard Present 7pm - 8:45pm				

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.