



September Pool Schedule
 Pool @ Pierson Road YMCA
 September 18th - September 24th

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	Hydrorobics 8am - 9am	
9am			School Programs 9:30am - 11am			Swim Lessons 9am - 12pm	
10am	School Programs 10am - 11am	School Programs 10am - 12pm	School Programs 10am - 11am	School Programs 10am - 12pm	School Programs 10am - 11am		
11am	Tone-Robics 11am - 12pm		Tone-Robics 11am - 12pm		Tone-Robics 11am - 12pm		
12pm	Adult Lap Swim 12pm - 1pm	Adult Lap Swim 12pm - 1pm	Adult Lap Swim 12pm - 1pm	Adult Lap Swim 12pm - 1pm	Adult Lap Swim 12pm - 1pm	Open Swim 12pm - 6pm	
1pm	Open Swim 1pm - 2pm	Open Swim 1pm - 2pm	Open Swim 1pm - 2pm	Open Swim 1pm - 2pm	Open Swim 1pm - 2pm		Open Swim 1pm - 4:30pm
2pm	Aqua Flex 2pm - 3pm	School Programs 2pm - 3pm	Aqua Flex 2pm - 3pm	School Programs 2pm - 3pm	Aqua Flex 2pm - 3pm		
3pm	Adult Lap Swim 3pm - 5pm	Adult Lap Swim 3pm - 5pm	Pool Closed for Cleaning 3pm - 4pm	Adult Lap Swim 3pm - 5pm	Adult Lap Swim 3pm - 5pm		
4pm			Adult Lap Swim 4pm - 5pm				
5pm	Swim Lessons 5pm - 6:30pm	Swim Lessons 5pm - 6:30pm	Swim Lessons 5pm - 6:30pm	Swim Lessons 5pm - 6:30pm	Open Swim 5pm - 9pm		
6pm	Hydrorobics 6:30pm - 7:30pm	Aqua Zumba 6:30pm - 7:30pm	Hydrorobics 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.