



June Schedule
Pool @ Pierson Road YMCA
 June 18th - June 30th

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	Adult Lap Swim 9:30am - 11am	Adult Lap Swim 9:30am - 1:30pm	Adult Lap Swim 9:30am - 11am	Adult Lap Swim 9:30am - 1:30pm	Adult Lap Swim 9:30am - 11am	Open Swim 9am - 6pm	
11am	Tone-Robics 11am - 12pm		Tone-Robics 11am - 12pm		Tone-Robics 11am - 12pm		
12pm	Swim Lessons 12pm - 1:30pm		Swim Lessons 12pm - 1:30pm				
1pm	Camp Boomerang 1:30pm - 2:30pm	Camp Boomerang 1:30pm - 2:30pm	Camp Boomerang 1:30pm - 2:30pm	Camp Boomerang 1:30pm - 2:30pm	Camp Boomerang 1:30pm - 2:30pm		Open Swim 1pm - 4pm
2pm		Adult Lap Swim 2:30pm - 5pm		Adult Lap Swim 2:30pm - 5pm			
3pm	Aqua Flex 3pm - 4pm		Aqua Flex 3pm - 4pm		Aqua Flex 3pm - 4pm		
4pm	Adult Lap Swim 4pm - 5pm		Pool Closed for Cleaning 4pm - 4:45pm		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.



Class Descriptions Pierson Road YMCA

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Aqua Flex - Toning and stretching with a low impact cardio workout. Perfect for people with arthritis.

Aqua Zumba - Splash your way into shape with this fun low impact workout! This program gives new meaning to the idea of a refreshing workout, Aqua Zumba® blends it all together into workout that's cardio-conditioning, body-toning, and most of all, exhilarating.

Camp Boomerang - Pool area reserved for Camp Boomerang swim.

Hydrorobics - Not for the faint of heart! This fast paced high impact workout will increase your fitness level through intense aquatic training.

Tone-Robics - Moderate impact workout that is fun and challenging. This class combines aerobic exercise and strength training in the water.