



# Downtown YMCA POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim 6:00am-9:00am Lifeguard Present	Lap Swim 6:00am-9:00am Lifeguard Present	Lap Swim 6:00am-9:00am Lifeguard Present	Lap Swim 6:00am-9:00am Lifeguard Present	Lap Swim 6:00am-9:00am Lifeguard Present	Lap Swim 7:00am-9:00am Lifeguard Present
Therapy Pool Open 9:00am-11:00am Lifeguard Present	Therapy Pool Open 9:00am-11:00am Lifeguard Present	Therapy Pool Open 9:00am-11:00am Lifeguard Present	Therapy Pool Open 9:00am-11:00am Lifeguard Present	Therapy Pool Open 9:00am-11:00am Lifeguard Present	Therapy Pool Open 7:00am-1:00pm Lifeguard Present
Open Swim +3 Lap Lanes 9:00am-4:00pm Lifeguard Present	Open Swim +3 Lanes 9:00am-10:00am Lifeguard Present	Open Swim 3+ Lanes 9:00am-4:00pm Lifeguard Present	Open Swim +3 lanes 9:00am-10:00am Lifeguard Present	Open Swim +3 Lanes 9:00am-4:00pm Lifeguard Present	OPEN Swim +2 Lap Lanes 9:00am-1:00pm Lifeguard Present
Flint Falcons Practice 4:00pm-7:00pm Lifeguard Present	Aqua Aerobics 10:00am-11:00am CT Hall	Flint Falcons Practice 4:00pm-7:00pm Lifeguard Present	Aqua Aerobics 10:00am-11:00am CT Hall	Flint Falcons Practice 4:00pm-7:00pm Lifeguard Present	
Open Swim +2 Lanes 7:00pm-8:00pm Lifeguard Present	Open Swim +3 lanes 11:00am-4:00pm Lifeguard Present	Open Swim +2 Lanes 7:00pm-8:00pm Lifeguard Present	Open Swim 3+ Lanes 11:00am-4:00pm Lifeguard Present	Open Swim 2+ Lanes 7:00pm-8:00pm Lifeguard Present	
Therapy Pool Open 7:00pm-8:00pm Lifeguard Present	Flint Falcons Practice 4:00pm-7:00pm Lifeguard Present	Therapy Pool Open 7:00pm-8:00pm Lifeguard Present	Flint Falcons Practice 4:00pm-7:00pm Lifeguard Present	Therapy Pool Open 7:00pm-8:00pm Lifeguard Present	
	Open Swim +2 Lanes 7:00pm-8:00pm Lifeguard Present		Open Swim +2 Lanes 7:00pm-8:00pm Lifeguard Present		
	Therapy Pool Open 7:00pm-8:00pm Lifeguard Present		Therapy Pool Open 7:00pm-8:00pm Lifeguard Present		

## SIGN UP FOR SWIM LESSONS TODAY!

For more information, call the  
YMCA today at 810.232.9622

or

visit us online at  
[www.flintymca.org](http://www.flintymca.org)

