



DOWNTOWN FLINT YMCA

LAP POOL SCHEDULE MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ADULT LAP SWIM 6:30AM-8:30AM	ADULT LAP SWIM 6:30AM-9:30AM	ADULT LAP SWIM 6:30AM-8:30AM	ADULT LAP SWIM 6:30AM-9:30AM	ADULT LAP SWIM 6:30AM-9:00AM	ADULT LAP SWIM 7:30AM-9:00AM	ADULT LAP SWIM 12:30PM-1:30PM
ADULT LAP SWIM 8:30AM-9:30AM	LOW IMPACT 10:00AM-11:00AM TAMMIE JOHNSON	WATER AEROBICS 9:00AM-10:00AM BRI BARNETT	LOW IMPACT 10:00AM-11:00AM TAMMIE JOHNSON		OPEN/LAP SWIM 9:00AM-10:00AM	OPEN/LAP SWIM 1:30PM-2:30PM
OPEN/LAP SWIM 9:30AM-10:30AM	AQUA ZUMBA 11:00AM-12:00PM BRI BARNETT	OPEN/LAP SWIM 10:00AM-11:00AM	OPEN/LAP SWIM 11:00AM-12:00PM	OPEN/LAP SWIM 10:00AM-11:00AM	OPEN/LAP SWIM 10:00AM-11:00AM	OPEN/LAP SWIM 2:30PM-3:30PM
HURLEY 11:00AM-12:00PM	OPEN/LAP SWIM 12:30PM-1:30PM	HURLEY 11:00AM-12:00PM	OPEN/LAP SWIM 12:30PM-1:30PM	HURLEY 11:00AM-12:00PM	OPEN/LAP SWIM 11:00AM-1:00PM	
ADULT LAP SWIM 12:30PM-2:30PM	HURLEY 2:00PM-3:00PM	OPEN/LAP SWIM 12:30PM-1:30PM	HURLEY 2:00PM-3:00PM	OPEN/LAP SWIM 12:30PM-1:30PM		
OPEN/LAP SWIM 3:00PM-4:30PM	OPEN/LAP SWIM 3:00PM-4:00PM	ADULT LAP SWIM 2:00PM-3:30PM	ADULT LAP SWIM 3:00PM-4:00PM	ADULT LAP SWIM 2:00PM-4:00PM		
ADULT LAP SWIM 5:00PM-6:00PM	SAFE PLACES 4:00PM-5:00PM	SWIM TEAM 4:30PM-6:30PM	SAFE PLACES 4:00PM-5:00PM	ADULT LAP SWIM 4:30PM-5:30PM		
SWIM PRACTICE 6:00PM-8:00PM	SWIM PRACTICE 5:00PM-7:00PM	ADULT LAP SWIM 7:00PM-8:00PM	SWIM PRACTICE 5:00PM-7:00PM	SWIM PRACTICE 6:00PM-8:00PM		
	AQUA CIRCUIT 7:00PM-7:50PM BRI BARNETT		AQUA ZUMBA 7:00PM-7:50PM BRI BARNETT			

ADULT LAP SWIM= 18 YEARS OF AGE OR OLDER
 OPEN/LAP SWIM= ALL AGES WELCOME

AQUA CIRCUIT

**SIGN UP FOR
 SWIM LESSONS
 SOON!**

For more information, call the
 YMCA today at 810.232.9622
 or
 visit us online at
www.flintymca.com