



DOWNTOWN FLINT YMCA

LAP POOL SCHEDULE JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ADULT LAP SWIM 6:30AM-9:30AM	ADULT LAP SWIM 6:30AM-10:30AM	ADULT LAP SWIM 6:30AM-8:30AM	ADULT LAP SWIM 6:30AM-9:00AM	ADULT LAP SWIM 6:30AM-9:30AM	ADULT LAP SWIM 7:30AM-9:00AM	ADULT LAP SWIM 12:30PM-1:30PM
OPEN SWIM + 2 LANES 9:30AM-10:30AM	AQUA AEROBICS 9:10AM-10:00AM Rachel Harris	LAP SWIM 8:30AM-9:30AM	AQUA AEROBICS 9:10AM-10:00AM Rachel Harris	OPEN SWIM + 2 LANES 10:00AM-11:00AM	OPEN SWIM + 2 LANES 9:00AM-11:00AM	OPEN SWIM + 2 LANES 1:30PM-2:30PM
HURLEY 11:00AM-12:00PM		OPEN SWIM + 2 LANES 10:00AM-11:00AM	OPEN SWIM + 2 LANES 10:00AM-11:00AM	HURLEY 11:00AM-12:00PM	LAP SWIM 11:30AM-1:00PM	LAP SWIM 2:30PM-3:30PM
LAP SWIM 12:30PM-2:30PM	OPEN SWIM + 2 LANES 12:30PM-1:30PM	HURLEY 11:00AM-12:00PM	LAP SWIM 11:30AM-1:30PM	LAP SWIM 12:30PM-1:30PM	ADULT LAP SWIM 1:00PM-2:00PM	
OPEN SWIM + 2 LANES 3:00PM-4:30PM	HURLEY 2:00PM-3:00PM	LAP SWIM 12:30PM-1:30PM	HURLEY 2:00PM-3:00PM	LAP SWIM 2:00PM-4:00PM		
LAP SWIM 5:00PM-7:00PM	OPEN SWIM + 2 LANES 3:30PM-5:30PM	OPEN SWIM + 2 LANES 2:00PM-4:00PM	OPEN SWIM + 2 LANES 3:30PM-5:30PM	OPEN SWIM + 2 LANES 4:30PM-6:30PM		
ADULT LAP SWIM 7:00PM-8:00PM		LAP SWIM 5:00PM-7:00PM	AQUA ZUMBA 6:00PM-7:00PM BRI BARNETT	ADULT LAP SWIM 7:00PM-8:00PM		
	ADULT LAP SWIM 7:00PM-8:00PM	ADULT LAP SWIM 7:00PM-8:00PM	ADULT LAP SWIM 7:00PM-8:00PM			

SWIM SESSIONS

ADULT LAP SWIM= 18 YEARS OF AGE OR OLDER, LAP SWIMMING ONLY

LAP SWIM= LAP SWIMMING ONLY, MUST HAVE PASSED DEEP WATER TEST(GREEN BAND)

OPEN SWIM= ALL AGES WELCOME

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