



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

LAP SWIM
8:30AM-9:30AM

AQUA AEROBICS
9:10AM-10:00AM

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

AQUA ZUMBA
11:00AM-12:00PM
BRI BARNETT

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

POOL CLOSED
3:00PM-6:00PM

OPEN SWIM + 2 LANES
4:30PM-6:30PM

ADULT LAP SWIM
7:00PM-8:00PM

AQUA CIRCUIT
6:00PM-6:50PM
BRI BARNETT

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



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		LAP SWIM 8:30AM-9:30AM	OPEN SWIM + 2 LANES 10:00AM-11:00AM	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 12:30PM-1:30PM	OPEN SWIM + 2 LANES 10:00AM-11:00AM	LAP SWIM 11:30AM-1:30PM	HURLEY 11:00AM-12:00PM	LAP SWIM 11:30AM-1:00PM	LAP SWIM 2:30PM-3:30PM
LAP SWIM 12:30PM-2:30PM	HURLEY 2:00PM-3:00PM	HURLEY 11:00AM-12:00PM	HURLEY 2:00PM-3:00PM	LAP SWIM 12:30PM-1:30PM	ADULT LAP SWIM 1:00PM-2:00PM	
OPEN SWIM + 2 LANES 3:00PM-4:30PM	OPEN SWIM + 2 LANES 3:30PM-5:30PM	LAP SWIM 12:30PM-1:30PM	POOL CLOSED 3:00-6:00PM	LAP SWIM 2:00PM-4:00PM		
LAP SWIM 5:00PM-7:00PM	AQUA CIRCUIT 6:00PM-6:50PM BRI BARNETT	OPEN SWIM + 2 LANES 2:00PM-4:00PM	AQUA ZUMBA 6:00PM-7:00PM BRI BARNETT	OPEN SWIM + 2 LANES 4:30PM-6:30PM		
ADULT LAP SWIM 7:00PM-8:00PM	ADULT LAP SWIM 7:00PM-8:00PM	LAP SWIM 5:00PM-7:00PM	ADULT LAP SWIM 7:00PM-8:00PM	ADULT LAP SWIM 7:00PM-8:00PM		
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SWIM SESSIONS

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

LAP SWIM= ALL AGES WELCOME, LAP SWIMMING ONLY

OPEN SWIM= ALL AGES WELCOME

**SIGN UP FOR
SWIM LESSONS
SOON!**

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