



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

OPEN SWIM + 2 LANES
3:30PM-5:30PM

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