DOWNTOWN FLINT YMCA
LAP POOL SCHEDULE OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ADULT LAP SWIM 6:30AM-8:00AM	ADULT LAP SWIM 6:30AM-7:30AM	ADULT LAP SWIM 6:30AM-8:00AM	ADULT LAP SWIM 6:30AM-7:30AM	ADULT LAP SWIM 6:30AM-8:00AM	ADULT LAP SWIM 7:30AM-8:30AM	LAP SWIM 12:30PM-1:30PM
LAP SWIM 8:30AM-9:30AM	LAP SWIM 7:30AM-8:30AM	LAP SWIM 8:30AM-9:30AM	LAP SWIM 7:30AM-8:30AM	LAP SWIM 8:30AM-9:30AM	LAP SWIM 8:30AM-9:30AM	OPEN SWIM + 2 LANES 2:00PM-3:00PM
OPEN SWIM + 2 LANES 10:00AM-11:00AM	WATER AEROBICS 9:00AM-10:00AM	OPEN SWIM + 2 LANES 10:00AM-11:00AM	WATER AEROBICS 9:00AM-10:00AM	OPEN SWIM + 2 LANES 10:00AM-11:00AM	FALCONS PRACTICE 9:30AM-11:30AM	
HURLEY 11:00AM-12:00PM	AQUA ZUMBA 10:30AM-12:00AM	HURLEY 11:00AM-12:00PM	OPEN SWIM + 2 LANES 10:00AM-11:00AM	HURLEY 11:00AM-12:00PM	LAP SWIM 11:30AM-1230PM	
LAP SWIM 12:30PM-2:30PM	LAP SWIM 1230PM-1:30PM	LAP SWIM 12:30PM-2:30PM	LAP SWIM 11:30AM-1:30PM	LAP SWIM 12:30PM-2:30PM	OPEN SWIM + 2 LANES 1:00PM-2:00PM	
LAP SWIM 3:00PM-4:00PM	HURLEY 2:00PM-3:00PM	LAP SWIM 3:00PM-4:30PM	HURLEY 2:00PM-3:30PM	LAP SWIM 3:00PM-4:30PM		
FALCONS PRACTICE 5:00PM-6:30PM	OPEN SWIM + 2 LANES 3:30PM-4:30PM	FALCONS PRACTICE 5:00PM-6:30PM	FALCONS PRACTICE 4:00PM-6:55PM	FALCONS PRACTICE 5:00PM-6:30PM		
FALCONS PRACTICE + 2 LANES 7:00PM-8:00PM	FALCONS PRACTICE 5:00PM-6:55PM	FALCONS PRACTICE + 2 LANES 7:00PM-8:00PM	AQUA ZUMBA 7:05PM-8:00PM	FALCONS PRACTICE + 2 LANES 7:00PM-8:00PM		
	AQUA CIRCUIT 7:05PM-8:00PM					

SWIM SESSIONS

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

LAP SWIM= ALL AGES WELCOME, LAP SWIMMING ONLY

OPEN SWIM + 2 LANES= ALL AGES WELCOME, OPEN SWIM PLUS 2 LAP LANES FOR LAP SWIM

SPA HOURS FOLLOW LAP POOL HOURS EXCEPT FOR:

SPA HOURS END AT 5PM AND RE-OPENS 7PM-8PM MON/WED/FRI
SPA CLOSED FROM 5PM-7PM TUE/THUR

FAMILY POOL

Mon-Wed-Fri
- 8:00 AM – 9:00 AM
- 11:00AM-12:00PM
- 1:30 PM – 2:30 PM

Tue-Thu-
- 7:00 AM – 8:00 AM
- 12:30PM-1:30PM
- 2:00 PM – 3:00 PM

Sat
- 7:00AM-8:00AM
- 8:00AM-9:00AM
- 11:30AM-12:30PM

Sun
- 12:30PM-1:30PM
- 2:00PM-3:00PM

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