



Pool @ Pierson Road YMCA  
May 11th - May 17th

5219 W. Pierson Road  
Flushing Michigan, MI 48433  
(810) 732-9622

	SAT 11	SUN 12	MON 13	TUE 14	WED 15	THU 16	FRI 17
8am	<b>Adult Lap Swim</b> 8am - 8:55am						
9am	<b>Group Swim Lessons</b> Lifeguard Present 9am - 9:45am						
10am	<b>Group Swim Lessons</b> Lifeguard Present 10am - 10:45am						
11am			<b>Aqua Aerobics Movment</b> Lifeguard Present 11am - 11:50am	<b>Open Swim + 2 Lap Lanes</b> 11am - 11:50am	<b>Aqua Aerobics Movment</b> Lifeguard Present 11am - 11:50am	<b>Open Swim + 2 Lap Lanes</b> 11am - 11:50am	<b>Aqua Aerobics Movment</b> Lifeguard Present 11am - 11:50am
12pm			<b>Hurley + lap lanes</b> Lifeguard Present 12pm - 12:50pm	<b>Adult Lap Swim</b> 12pm - 12:50pm	<b>Hurley + lap lanes</b> Lifeguard Present 12pm - 12:50pm	<b>Adult Lap Swim</b> 12pm - 12:50pm	<b>Hurley + lap lanes</b> Lifeguard Present 12pm - 12:50pm
1pm			<b>Adult Lap Swim</b> 1pm - 1:50pm			<b>Adult Lap Swim</b> 1pm - 1:50pm	<b>Adult Lap Swim</b> 1pm - 1:50pm
3pm				<b>Adult Lap Swim</b> 3pm - 3:50pm		<b>Adult Lap Swim</b> 3pm - 3:50pm	
6pm				<b>Group Swim Lessons</b> Lifeguard Present 6pm - 6:45pm			
7pm					<b>Aqua Zumba</b> Marie W. 7pm - 7:45pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.