



# Pool @ Pierson Road YMCA

August 5th - August 11th

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

	MON 5	TUE 6	WED 7	THU 8	FRI 9	SAT 10	SUN 11
10am						Group Swim Lessons Lydia S 10am - 11am	
11am	Aqua Aerobics Movment Tammie J 11am - 11:50am		Aqua Aerobics Movment Tammie J 11am - 11:50am		Aqua Aerobics Movment Tammie J 11am - 11:50am		
12pm	Adult Lap Swim 12pm - 1pm	Hurley + lap lanes Lifeguard Present 12pm - 12:50pm	Adult Lap Swim 12pm - 1pm	Hurley + lap lanes Lifeguard Present 12pm - 12:50pm	Adult Lap Swim 12pm - 1pm		
	Hurley + lap lanes Lifeguard Present 12pm - 12:50pm		Hurley + lap lanes Lifeguard Present 12pm - 12:50pm		Hurley + lap lanes Lifeguard Present 12pm - 12:50pm		
1pm	Aqua Aerobics Movment Tammie J 1pm - 1:50pm		Aqua Aerobics Movment Tammie J 1pm - 1:50pm	Adult Lap Swim 1pm - 1:50pm	Adult Lap Swim 1pm - 1:50pm		
					Lap Swim Lifeguard Present 1pm - 1:50pm		
2pm	Camp Boomerang 2pm - 3:30pm	Camp Boomerang 2pm - 3:30pm	Camp Boomerang 2pm - 3:30pm	Camp Boomerang 2pm - 3:30pm	Camp Boomerang 2pm - 3:30pm		
3pm	Lap Swim Lifeguard Present 3:30pm - 5pm	Lap Swim Lifeguard Present 3:30pm - 5:50pm	Lap Swim Lifeguard Present 3:30pm - 5pm	Lap Swim Lifeguard Present 3:30pm - 5:50pm	Lap Swim Lifeguard Present 3:30pm - 5pm		
5pm	Open Swim Lifeguard Present 5pm - 7:50pm		Open Swim Lifeguard Present 5pm - 7pm		Open Swim Lifeguard Present 5pm - 7:50pm		
6pm		Group Swim Lessons Lydia S 6pm - 6:45pm		Group Swim Lessons Lydia S 6pm - 6:45pm			
		Open Swim Lifeguard Present 6:45pm - 7:50pm		Open Swim Lifeguard Present 6:45pm - 7:50pm			
7pm			Water Zumba 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.