



Pool @ Pierson Road YMCA
November 7th - November 13th

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

	THU 7	FRI 8	SAT 9	SUN 10	MON 11	TUE 12	WED 13
6am	Lap Swim Lifeguard Present 6am - 8am	Lap Swim Lifeguard Present 6am - 8am			Lap Swim Lifeguard Present 6am - 8am	Lap Swim Lifeguard Present 6am - 8am	Lap Swim Lifeguard Present 6am - 8am
8am	Aqua Aerobics Movment Lifeguard Present 8am - 8:50am	Aqua Aerobics Movment Lifeguard Present 8am - 8:50am	Lap Swim Lifeguard Present 8am - 9am		Aqua Aerobics Movment Lifeguard Present 8am - 8:50am	Aqua Aerobics Movment Lifeguard Present 8am - 8:50am	Aqua Aerobics Movment Lifeguard Present 8am - 8:50am
9am			Group Swim Lessons Lifeguard Present 9am - 12pm		Lap Swim Lifeguard Present 9am - 10am	Lap Swim Lifeguard Present 9am - 10am	Lap Swim Lifeguard Present 9am - 10am
10am	School age program Lifeguard Present 10am - 11am	School age program Lifeguard Present 10am - 11am			School age program Lifeguard Present 10am - 11am	School age program Lifeguard Present 10am - 11am	School age program Lifeguard Present 10am - 11am
11am	Aqua Aerobics Movment Lifeguard Present 11am - 11:50am	Aqua Aerobics Movment Lifeguard Present 11am - 11:50am	Open Swim Lifeguard Present 11:45am - 2:50pm		Aqua Aerobics Movment Lifeguard Present 11am - 11:50am	Aqua Aerobics Movment Lifeguard Present 11am - 11:50am	Aqua Aerobics Movment Lifeguard Present 11am - 11:50am
12pm	Lap Swim Lifeguard Present 12pm - 1pm	Hurley + lap lanes Lifeguard Present 12pm - 1pm			Hurley + lap lanes Lifeguard Present 12pm - 1pm	Lap Swim Lifeguard Present 12pm - 1pm	Hurley + lap lanes Lifeguard Present 12pm - 1pm
1pm	Lap Swim Lifeguard Present 1pm - 2pm	School age program Lifeguard Present 1pm - 2pm			School age program Lifeguard Present 1pm - 2pm	Lap Swim Lifeguard Present 1pm - 2pm	Lap Swim Lifeguard Present 1pm - 2pm
2pm	Lap Swim Lifeguard Present 2pm - 5pm	Lap Swim Lifeguard Present 2pm - 5pm			Aqua Aerobics Movment Lifeguard Present 2pm - 2:50pm	Lap Swim Lifeguard Present 2pm - 5pm	Aqua Aerobics Movment Lifeguard Present 2pm - 2:50pm
3pm	Hurley + lap lanes Lifeguard Present 3pm - 4pm				Lap Swim Lifeguard Present 3pm - 5pm	Hurley + lap lanes Lifeguard Present 3pm - 4pm	Lap Swim Lifeguard Present 3pm - 5pm
4pm	Lap Swim Lifeguard Present 4pm - 5pm					Lap Swim Lifeguard Present 4pm - 5pm	
5pm	Open Swim Lifeguard Present 5pm - 6pm	Open Swim Lifeguard Present 5pm - 7:50pm			Open Swim Lifeguard Present 5pm - 7:50pm	Open Swim Lifeguard Present 5pm - 6pm	
7pm							Aqua Zumba Lifeguard Present 7pm - 7:50pm

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.