



Pool @ Pierson Road YMCA
December 26th - January 1st

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

	THU 26	FRI 27	SAT 28	SUN 29	MON 30	TUE 31	WED 1
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	
8am	Aqua Aerobics Movment Lifeguard Present 8am - 8:50am	Aqua Aerobics Movment Lifeguard Present 8am - 8:50am	Lap Swim Lifeguard Present 8am - 12pm		Aqua Aerobics Movment Lifeguard Present 8am - 8:50am	Aqua Aerobics Movment Lifeguard Present 8am - 8:50am	
9am	Lap Swim Lifeguard Present 9am - 10am	Lap Swim Lifeguard Present 9am - 10am			Lap Swim Lifeguard Present 9am - 10am		
10am	Lap Swim Lifeguard Present 10am - 11am	Lap Swim Lifeguard Present 10am - 11am			Lap Swim Lifeguard Present 10am - 11am		
		Lap Swim 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		
12pm	Lap Swim Lifeguard Present 12pm - 1pm	Hurley + lap lanes Lifeguard Present 12pm - 1pm			Hurley + lap lanes Lifeguard Present 12pm - 1pm		
1pm	Lap Swim 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		
3pm	Hurley + lap lanes Lifeguard Present 3pm - 4pm				Lap Swim Lifeguard Present 3pm - 5pm		
4pm	Lap Swim Lifeguard Present 4pm - 5pm						
5pm	Open Swim Lifeguard Present 5pm - 7:50pm	Open Swim Lifeguard Present 5pm - 7:50pm			Open Swim Lifeguard Present 5pm - 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.