



Niles-Buchanan YMCA  
September 22nd - September 28th

905 N Front Street  
Niles, MI 49120  
(269) 683-1552

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
5am	<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 5:30am - 11am	<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 5:30am - 4pm	<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 5:30am - 11am	<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 5:30am - 8:30am			<b>Open Pickleball</b> Gymnasium - East Side 5am - 8am
							<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 5:30am - 8:30am
6am	<b>Adult Swim</b> Warm Therapy Pool 6:30am - 8am	<b>Adult Swim</b> Warm Therapy Pool 6:30am - 8am	<b>Adult Swim</b> Warm Therapy Pool 6:30am - 8am	<b>Adult Swim</b> Warm Therapy Pool 6:30am - 8pm			<b>Adult Swim</b> Warm Therapy Pool 6:30am - 8am
8am	<b>Family Swim</b> Warm Therapy Pool 8am - 9am	<b>Tabata</b> YMCA Parking Lot Michelle H. 8am - 8:30am	<b>Family Swim</b> Warm Therapy Pool 8am - 9am	<b>Family Swim</b> Warm Therapy Pool 8am - 9am	<b>Adult Swim</b> Warm Therapy Pool 8:15am - 10am		<b>Family Swim</b> Warm Therapy Pool 8am - 8:50am
		<b>Family Swim</b> Warm Therapy Pool 8am - 9am		<b>Aqua Aerobics (2)</b> Tyler Family Pool Lucy S 8:30am - 9:30am	<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 8:15am - 3pm		<b>Aqua Aerobics (2)</b> Tyler Family Pool Lucy S 8:30am - 9:30am
9am	<b>Taboxing</b> YMCA Parking Lot Chrissie K 9am - 10am	<b>Lakeland Therapy</b> Warm Therapy Pool 9am - 5pm	<b>Lakeland Therapy</b> Warm Therapy Pool 9am - 5pm	<b>Lakeland Therapy</b> Warm Therapy Pool 9am - 5pm			<b>Lakeland Therapy</b> Warm Therapy Pool 9am - 5pm
	<b>Lakeland Therapy</b> Warm Therapy Pool 9am - 5pm			<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 9:30am - 2pm			<b>Open Swim (2)</b> Tyler Family Pool 9:45am - 11am
10am	<b>Zumba/Pound</b> YMCA Parking Lot Daysha A 10am - 11am			<b>Pound</b> YMCA Parking Lot Brittany B 10am - 11am	<b>WERQ</b> YMCA Parking Lot Daysha A 10am - 11am		
					<b>Family Swim</b> Warm Therapy Pool 10am - 2pm		
11am	<b>Aqua Aerobics (2)</b> Tyler Family Pool Julie T 11am - 12pm		<b>Aqua Aerobics</b> Tyler Family Pool Julie T 11am - 12pm				<b>STRONG Nation</b> Virtual Class Tiffany R. 11am - 11:30am
			<b>Lap Swim - 2 Lanes</b> Tyler Family Pool 11am - 11:30am				<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 11am - 3pm
			<b>Swim Lessons</b> Tyler Family Pool 11:30am - 12pm				
12pm	<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 12pm - 2pm		<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 12pm - 1pm				<b>Open Pickleball</b> Gymnasium - East Side 12pm - 2pm
1pm			<b>Homeschool Swim</b> Tyler Family Pool YMCA Staff 1pm - 2pm				
2pm	<b>Aqua Aerobics (2)</b> Tyler Family Pool Sherry P 2pm - 3pm		<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 2pm - 4pm	<b>Aqua Aerobics (2)</b> Tyler Family Pool Sherry P 2pm - 3pm	<b>Adult Swim</b> Warm Therapy Pool 2pm - 3pm		

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.



Niles-Buchanan YMCA  
September 22nd - September 28th

905 N Front Street  
Niles, MI 49120  
(269) 683-1552

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
3pm	<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 3pm - 3:45pm			<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 3pm - 4pm			<b>Open Pickleball</b> Gymnasium - East Side 3pm - 6pm
	<b>Swim Lessons / Swim Team</b> Tyler Family Pool 3:45pm - 4:30pm						<b>Open Swim (2)</b> Tyler Family Pool 3pm - 4pm
4pm	<b>Mariners Swim Team</b> Tyler Family Pool 4:30pm - 6pm	<b>Mariners Swim Team - 2 lanes</b> Tyler Family Pool 4pm - 4:30pm	<b>Mariners Swim Team - 2 lanes</b> Tyler Family Pool 4pm - 4:30pm	<b>Mariners Swim Team - 2 lanes</b> Tyler Family Pool 4pm - 4:30pm			<b>Mariners Swim Team - 2 lanes</b> Tyler Family Pool 4pm - 4:30pm
		<b>Lap Swim - 4 Lanes</b> Tyler Family Pool 4pm - 4:30pm	<b>Lap Swim - 4 Lanes</b> Tyler Family Pool 4pm - 4:30pm	<b>Lap Swim - 4 Lanes</b> Tyler Family Pool 4pm - 4:30pm			<b>Mariners Swim Team</b> Tyler Family Pool 4:30pm - 6pm
		<b>Mariners Swim Team</b> Tyler Family Pool 4:30pm - 6pm	<b>Mariners Swim Team</b> Tyler Family Pool 4pm - 6pm	<b>Mariners Swim Team</b> Tyler Family Pool 4:30pm - 6pm			
5pm	<b>Adult Swim</b> Warm Therapy Pool 5pm - 6pm	<b>Adult Swim</b> Warm Therapy Pool 5pm - 6pm	<b>Adult Swim</b> Warm Therapy Pool 5pm - 6pm	<b>Family Swim</b> Warm Therapy Pool 5pm - 7pm			<b>Adult Swim</b> Warm Therapy Pool 5pm - 6pm
							<b>Boot Camp</b> YMCA Parking Lot Tonya K 5pm - 6pm
6pm	<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 6pm - 7:15pm	<b>Swim Lessons</b> Tyler Family Pool 6pm - 7:15pm	<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 6pm - 7:15pm	<b>Lap Swim - 6 Lanes</b> Tyler Family Pool 6pm - 7:15pm			<b>Family Swim</b> Warm Therapy Pool 6pm - 7pm
	<b>Family Swim</b> Warm Therapy Pool 6pm - 7pm	<b>Family Swim</b> Warm Therapy Pool 6pm - 7pm	<b>Family Swim</b> Warm Therapy Pool 6pm - 7pm				<b>Swim Lessons</b> Tyler Family Pool 6pm - 7:15pm

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.