



YMCA OF GREATER FLINT- DOWNTOWN

Pool Times January 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-9 AM *Fitness Swim	5-9 AM *Fitness Swim & *Swim Team	5-9 AM *Fitness Swim	5-9 AM *Fitness Swim & *Swim Team	5-9 AM *Fitness Swim	6-9 AM *Fitness Swim	
9-11 AM *Programming 11-1PM *Fitness Swim	10-11AM H2OAerobic 10-1 PM *Fitness Swim	10-1PM *Fitness Swim	10-11AM H2OAerobic 10-1 PM *Fitness Swim	9-11AM *Programming 11-1PM *Fitness Swim	9:30-12:30PM *Swim Lessons	1-6PM Open Swim
4-5:45 PM Swim Team	Pool Closed for Programming	4-5:45 PM Swim Team	4-5:30 PM Open Swim	4-5:30 PM Open Swim		2lanes for Swim Team -
5:45-7 PM Masters Swim Group	5:30-7:30PM Swim Lessons 6:15-7:15 H2O Aerobics	5:45-7:00 PM *Fitness Swim (1 lap Lane) H2O Aerobics	5:30-7:30PM Swim Lessons	5:45-7PM *Fitness Swim (1 lap Lane) H2OAerobics	12:30-6PM Open Swim	1-3pm 14 & UNDER MUST HAVE ADULT PRESE NT FOR ALL OPEN SWIM TIMES
7-9 PM Open Swim Small pool only 7-8:30pm Swim Team uses large pool	7:30-9 PM Open Swim	7-9 PM Open Swim Small pool only 7-8:30pm Swim Team uses large pool	7:30-9PM Open Swim	7-9 PM Open Swim		

*Fitness Swim is for Adults only.