



# Central Open Lap Swim

Lap Pool @ Central YMCA

June 10th - September 3rd

1213 W Civic Center Dr

Traverse City, MI 49684

(231) 933-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Lap Swim: 5+ Lanes 5:30am - 9am	Lap Swim: 4+ Lanes 5:30am - 8am	Lap Swim: 5+ Lanes 5:30am - 9am	Lap Swim: 4+ Lanes 5:30am - 8am	Lap Swim: 5+ Lanes 5:30am - 9am		
7am						Lap Swim: 5+ Lanes 7am - 10pm	
						Lap Swim: 5+ Lanes 7am - 10am	
8am		Lap Swim: 3+ Lanes 8am - 9am		Lap Swim: 3+ Lanes 8am - 9am			
9am	Lap Swim: 3+ Lanes 9am - 12pm	Lap Swim: 1+ Lane 9am - 10am	Lap Swim: 3+ Lanes 9am - 12pm	Lap Swim: 1+ Lane 9am - 10am	Lap Swim: 3+ Lanes 9am - 12pm		
10am		Lap Swim: 3+ Lanes 10am - 8pm		Lap Swim: 3+ Lanes 10am - 8pm		Lap Swim: 4+ Lanes 10am - 12pm	
						Lap Swim: 4+ Lanes 10am - 12pm	
12pm	Lap Swim: 4+ Lanes 12pm - 1pm		Lap Swim: 4+ Lanes 12pm - 1pm		Lap Swim: 4+ Lanes 12pm - 1pm		
1pm	Lap Swim: 3+ Lanes 1pm - 8pm		Lap Swim: 3+ Lanes 1pm - 8pm		Lap Swim: 3+ Lanes 1pm - 8pm		

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.