



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Central Lap Swim

Lap Pool @ Central YMCA

December 1st - May 31st

1213 W Civic Center Dr

Traverse City, MI 49684

(231) 933-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Lap Swim: 3+ Lanes 5:30am - 9am	Lap Swim: 5+ Lanes 5:30am - 8am	Lap Swim: 3+ Lanes 5:30am - 9am	Lap Swim: 5+ Lanes 5:30am - 8am	Lap Swim: 3+ Lanes 5:30am - 2:30pm		
7am						Lap Swim: 2+ Lanes 7am - 9am	
8am		Lap Swim: 1+ Lane 8am - 10am		Lap Swim: 1+ Lane 8am - 10am			
9am	Lap Swim: 3+ Lanes 9am - 2pm		Lap Swim: 3+ Lanes 9am - 2pm			Lap Swim: 3+ Lanes 9am - 12pm	
10am		Lap Swim: 3+ Lanes 10am - 1pm		Lap Swim: 3+ Lanes 10am - 1pm			
12pm						Lap Swim: 4+ Lanes 12pm - 3:45pm	Lap Swim: 4+ Lanes 12pm - 3:45pm
1pm		Lap Swim: 4+ Lanes 1pm - 3:30pm		Lap Swim: 4+ Lanes 1pm - 3:30pm			
2pm	Lap Swim: 5+ Lanes 2pm - 3:30pm		Lap Swim: 5+ Lanes 2pm - 3:30pm		Lap Swim: 4+ Lanes 2:30pm - 3:30pm		
3pm	Lap Swim: 1+ Lane 3:30pm - 5:30pm	Lap Swim: 1+ Lane 3:30pm - 6pm	Lap Swim: 1+ Lane 3:30pm - 5:30pm	Lap Swim: 1+ Lane 3:30pm - 6pm	Lap Swim: 1+ Lane 3:30pm - 5:30pm		
5pm	Lap Swim: 3+ Lanes 5:30pm - 7:45pm		Lap Swim: 3+ Lanes 5:30pm - 7:45pm		Lap Swim: 4+ Lanes 5:30pm - 7:45pm		
6pm		Lap Swim: 3+ Lanes 6pm - 7:45pm		Lap Swim: 3+ Lanes 6pm - 7:45pm			

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.