



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# West Family Pool Schedule

Family Pool: Open Swim @ West YMCA

January 1st - May 31st

3700 Silver Lake Rd.  
Traverse City, MI 49684  
(231) 486-6357

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Swim: Adult 5:30am - 8am	Open Swim: Adult 5:30am - 8am	Open Swim: Adult 5:30am - 8am	Open Swim: Adult 5:30am - 8am	Open Swim: Adult 5:30am - 8am		
6am						Open Swim: Adult 6:30am - 8:30am	
8am		Open Swim 8am - 9am		Open Swim 8am - 9am			
10am	Open Swim 10am - 11:30am		Open Swim 10am - 11:30am		Open Swim 10am - 11:30am		Open Swim 10am - 5:30pm
12pm		Open Swim 12pm - 9pm		Open Swim 12pm - 9pm		Open Swim 12:30pm - 5:30pm	
1pm	Open Swim 1pm - 4pm		Open Swim 1pm - 4pm		Open Swim 1pm - 9pm		
8pm	Open Swim 8pm - 9pm		Open Swim 8pm - 9pm				

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.