



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

West Lap Swim and Open Dive

Lap Pool @ West YMCA
September 6th - May 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Lap Swim: 3 Lanes 5:30am - 7am	Lap Swim: 5 Lanes 5:30am - 8am	Lap Swim: 3 Lanes 5:30am - 7am	Lap Swim: 5 Lanes 5:30am - 8am	Lap Swim: 3 Lanes 5:30am - 9am		
6am						Lap Swim: 4 Lanes 6:30am - 8am	
7am	Lap Swim: 5 Lanes 7am - 9am		Lap Swim: 5 Lanes 7am - 9am				
8am		Lap Swim: 4 Lanes 8am - 9am		Lap Swim: 4 Lanes 8am - 9am		Lap Swim: 2 Lanes 8am - 12pm	
9am	Lap Swim: 2 Lanes 9am - 12pm	Lap Swim: 2 Lanes 9am - 10am	Lap Swim: 2 Lanes 9am - 12pm	Lap Swim: 2 Lanes 9am - 10am	Lap Swim: 2 Lanes 9am - 12pm		
10am		Lap Swim: 4 Lanes 10am - 6pm		Lap Swim: 4 Lanes 10am - 6pm			Lap Swim: 5 Lanes 10am - 5:30pm
12pm	Lap Swim: 4 Lanes 12pm - 4pm		Lap Swim: 4 Lanes 12pm - 4pm		Lap Swim: 4 Lanes 12pm - 4pm	Lap Swim: 5 Lanes 12pm - 5:30pm	Open Diving Board 12pm - 5:30pm
						Open Diving Board 12pm - 5:30pm	
4pm	Lap Swim: 2 Lanes 4pm - 7:30pm		Lap Swim: 2 Lanes 4pm - 7:30pm		Lap Swim: 2 Lanes 4pm - 7:30pm		
6pm		Lap Swim: 2 Lanes 6pm - 7pm		Lap Swim: 2 Lanes 6pm - 7pm			
7pm	Lap Swim: 4 Lanes 7:30pm - 9pm	Lap Swim: 4 Lanes 7pm - 9pm	Lap Swim: 4 Lanes 7:30pm - 9pm	Lap Swim: 4 Lanes 7pm - 9pm	Open Diving Board 7pm - 9pm		
	Open Diving Board 7:30pm - 9pm	Open Diving Board 7:30pm - 9pm	Open Diving Board 7:30pm - 9pm	Open Diving Board 7:30pm - 9pm	Lap Swim: 4 Lanes 7:30pm - 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.