



YMCA OF METROPOLITAN LANSING

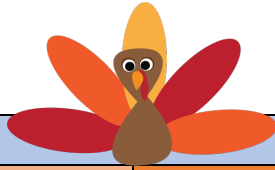
Thanksgiving Week Pool Schedule



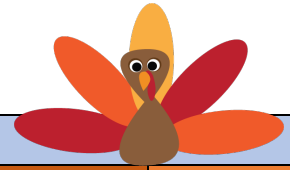
Oak Park YMCA - Lap Swimming Schedule							
	MON 22nd	TUES 23rd	WED 24th	THURS 25	FRI 26th	SAT 27th	SUN 28th
7:00am	LAP Swim 7:00-8:45am (All Lanes)	LAP Swim 7:00-12:00pm (All Lanes)	LAP Swim 7:00-11:30am (All Lanes)	CLOSED - Happy Thanksgiving!	LAP Swim 7:00-12:00pm (All Lanes)	LAP Swim 7:00-8:45am (All Lanes)	
8:00am						LAP Swim 9:00-10:00am (2 Lanes)	
9:00am						LAP Swim 10:00-12:00pm (3 Lanes)	
10:00am						Family Swim 12:00-2:00pm (2 Lanes)	
11:00am							
12:00pm							
2:00pm							
3:00pm							
4:00pm						LAP Swim 3:00-6:00pm (All Lanes)	
5:00pm	LAP Swim 4:00-7:00pm (All Lanes)	LAP Swim 4:00-7:00pm (All Lanes)					
6:00pm							
7:00pm							

PARKWOOD YMCA - Lap Swimming Schedule								
	MON 22nd	TUES 23rd	WED 24th	THURS 25	FRI 26th	SAT 27th	SUN 28th	
6:00am	LAP Swim 6:00-8:45am (All Lanes)	LAP Swim 7:00-8:45am (All Lanes)	LAP Swim 7:00- 11:30am (All Lanes)	CLOSED - Happy Thanksgiving!	LAP Swim 6:00-9:00am (All Lanes)	LAP Swim 7:00-9:30am (All Lanes)		
7:00am						LAP Swim 9:15-12:00pm (All Lanes)	Lap Swim 9:30-12:00pm (3 Lanes)	
8:00am							Family Swim 12:00-2:00pm (2 Lanes)	Lap Swim 12pm-3pm (All Lanes)
9:00am	LAP Swim 9:00-12:00pm (All Lanes)	LAP Swim 10:00-1:00pm (All Lanes)						
10:00am						LAP Swim 4:00-6:00pm (4 Lanes)		
11:00am								
12:00pm								
1:00pm								
3:00pm								
4:00pm	LAP Swim 4:00-5:45pm (All Lanes)	LAP Swim 4:00-5:45pm (All Lanes)						
5:00pm	LAP Swim 5:45-7:00pm (4 Lanes)	LAP Swim 5:45-7:00pm (2 Lanes)						
6:00pm	LAP Swim 7:00-8:00pm (All Lanes)							
7:00pm								
8:00pm								

Westside YMCA Lap Swimming Schedule								
	MON 22nd	TUES 23rd	WED 24th	THURS 25	FRI 26th	SAT 27th	SUN 28th	
7:00am	LAP Swim 7:00-8:00am (All Lanes)	LAP Swim 7:00-8:45am (All Lanes)	LAP Swim 7:00- 11:30am (All Lanes)	CLOSED - Happy Thanksgiving	LAP Swim 7:00- 12:00pm (All Lanes)	LAP Swim 7:00-9:00am (All Lanes)		
8:00am						Lap Swim 9:15-12:00pm (All Lanes)	Lap Swim 9:00-11:30am (All Lanes)	
9:00am	LAP Swim 9:00-12:00pm (All Lanes)	LAP Swim 10:15-11:30am (All Lanes)				Family Swim 12:00-4:00pm	Family Swim 12:00-2:00pm (2 Lanes)	
10:00am								
11:00am								
12:00pm								
1:00pm								
3:00pm								
4:00pm	LAP Swim 3:00-7:00pm (All Lanes)	LAP Swim 4:00-7:00pm (4 Lanes)				LAP Swim 4:00-5:00pm (All Lanes)		
5:00pm		Family Swim 5:00-7:00pm						
7:00pm								



YMCA OF METROPOLITAN LANSING - Thanksgiving Week Class Schedule



OAK PARK YMCA - Water Fitness Class Schedule							
	MON 22nd	TUES 23rd	WED 24th	THURS 25	FRI 26th	SAT 27th	SUN 28th
9:00am	Water Fitness 9:00-9:45am					Water Fitness 9:00-10:00am	
10:00am	Water Fitness 10:00-10:45am						
11:00am	Water Fitness 11:00-11:45am						
12:00pm							
1:00pm			Water Fitness Cancelled**				

PARKWOOD YMCA - Water Fitness Class Schedule							
	MON 22nd	TUES 23rd	WED 24th	THURS 25	FRI 26th	SAT 27th	SUN 28th
9:00am		Water Fitness 9:00-10:00am	Water Fitness 9:00-10:00am Cancelled**	Water Fitness 9:00-10:00am Cancelled**			
10:00am							
6:00pm			Water Fitness Cancelled**				

WESTSIDE YMCA - Water Fitness Class Schedule							
	MON 22nd	TUES 23rd	WED 24th	THURS 25	FRI 26th	SAT 27th	SUN 28th
8:00am	Water Arthritis 8:00-8:45am		Water Arthritis Cancelled**		Water Fitness Cancelled**		
9:00am		Water Fitness 9:00-10:00am		Water Fitness 9:00-10:00am Cancelled**			
10:00am							

List of Group Fitness Classes Cancelled Thanksgiving Week - ALL LOCATIONS			
TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Oak Park YMCA 1:00pm Yoga - (Lee)</p>	<p>DeWitt YMCA 6:15am Cycling - (David) 1:00pm Enhance Fitness - (Nola) 5:45pm Step and Sculpt - (Tiffany) 5:45pm Cycling - (Stephanie) -</p> <p>Oak Park YMCA 6:15am Strength for All - (Alison) 6:00pm Cardio Drumming - (Alison)</p> <p>Parkwood YMCA 4:30pm Strength and Flexibility - (Bill)</p> <p>Westside YMCA 6:05am Moovin and Groovin - (Angela) 6:15am Cycling - (Joy) 5:30pm Cycling - (Ann) 5:30pm Tabata - (Todd) 7:00pm Pound - (Carolyn)</p>	CLOSED	<p>Westside YMCA 6:15am Cycling - (Joy)</p> <p>Parkwood YMCA 9:00am Yoga - (Janet)</p> <p>DeWitt YMCA 1:00pm Enhance Fitness - (Lori)</p>

SWIM LESSONS ARE CANCELLED THE WEEK OF THANKSGIVING