



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TENNOVA FAMILY YMCA

POOL SCHEDULE

January 2023	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5am-9:30pm	5am-9:30pm	5am-9:30pm	5am-9:30pm	5am-9:30pm	7am – 5:30pm	1-5:30pm
Open/Family Swim	1pm – 6:30PM	1pm – 6:30PM	1pm – 6:15pm	1pm - 6:15PM	1pm – 8:30pm	12-5:30pm	1-5:30pm
Aqua Aerobics	9-9:45am 10-10:45am (Arthritis) 11-11:45am	10-10:45am 11-11:45am (Arthritis)	9-9:45am 10-10:45am (Arthritis) 12-12:45pm 6:30-7:15pm	10-10:45am 11-11:45am (Arthritis) 6:30-7:15pm	9-9:45am 10-10:45am (Arthritis) 12-12:45pm	10:15-11am	
Swim Lessons	4:00-6:30pm	4:00-6:30pm	4:00-6:30pm	4:00-6:30pm		9am-12:00pm	
HS Swim Teams	6:30-9:30PM	6:30-9:30PM	7:15-9:30pm	7:15-8:30pm		7:30-9am	

Please share lap lanes. No more than 2 people per lap lane, starting and stopping on opposite ends of the lane.
Please practice social distancing in the pool as well as on the deck
Please see our online schedule for lanes usage for each activity as well as activity descriptions.
This schedule is subject to change.