



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PILOT FAMILY YMCA

INDOOR POOL SCHEDULE: JANUARY

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5 am – 8:30 am (lap swim only) 8:30 am - 12 pm 12 pm – 1 pm (lap swim only) 1 pm - 8:30 pm	5 am – 8:30 am (lap swim only) 8:30 am - 12 pm 12 pm – 1 pm (lap swim only) 1 pm – 6:15 pm	5 am – 8:30 am (lap swim only) 8:30 am - 12 pm 12 pm – 1 pm (lap swim only) 1 pm - 8:30 pm	5 am – 8:30 am (lap swim only) 8:30 am - 12 pm 12 pm – 1 pm (lap swim only) 1 pm – 6:15 pm	5 am – 8:30 am (lap swim only) 8:30 am - 12 pm 12 pm – 1 pm (lap swim only) 1 pm – 8:30 pm 1 pm – 6:15 pm (Jan. 13 th & 27 th)	5 am – 8:30 am (lap swim only) 1 pm - 5:30 pm 1 pm - 5:30 pm	1 pm - 5:30 pm
Open/Family Swim	9:30 am – 12 pm 2 pm – 8:30 pm	9:30 am – 12 pm 2 pm – 6:15 pm	9:30 am – 12 pm 2 pm – 8:30 pm	9:30 am – 12 pm 2 pm – 6:15 pm	9:30 am – 12 pm 2 pm – 8:30 pm 2 pm – 6:15 pm (Jan. 13 th & 27 th)	1 pm – 5:30 pm	1 pm - 5:30 pm
TNAQ Swim Clinic		6:15 pm – 8:30 pm		6:15 pm – 8:30 pm			
Aqua Aerobics	8:30 am - 9:30 am		8:30 am - 9:30 am		8:30 am - 9:30 am		
Chota					6:15 pm -8:30 pm (Jan. 13 th & 27 th)		
ETCH	10 am – 12 pm 1 pm – 3 pm						
HS PE		10 am – 12 pm		10 am – 12 pm			
Aqua Hour	1 pm - 2 pm	8:30 am – 9:30 am 1 pm -2 pm	1 pm – 2 pm	8:30 am – 9:30 am 1 pm -2 pm	1 pm – 2 pm		
Swim Lessons	5 am – 8:30 pm	5 am – 8:30 pm	5 am – 8:30 pm	5 am - 8:30 pm	5 am - 8:30 pm 5am – 6:15 pm (Jan. 13 th & 27 th)	7 am – 5:30 pm	1 pm - 5:30 pm

- Please share lap lanes. If lap lanes are full or unable to be shared, a **30-minute workout time will be enforced.**
- View our PDF schedule and mobile app for lane usage, activities, and descriptions. **The schedule is subject to change & pool space is adjusted based on volume.**
- **NO Open/Free Swim during scheduled Water Aerobics, Aqua Hour, or Lap Swim only times.**
- **January Group Lessons/TNAQ Clinic:** February registration for Group Lessons will open January 12th for Members and 15th for Non-Members.
 - **Group Lessons:** January 9th – 28th
 - **TNAQ Swim Clinic:** January 11th – March 3rd, 2023; 8 week session
- **Chota:** Pool will be closed on January 13th and 27th for roll practice.
- **Aqua Hour:** Tuesdays 8:30 am -9:30 am and Wednesdays 1 – 2 pm.

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