



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CANSLER YMCA

INDOOR POOL SCHEDULE

March 2023	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5:30-10am 11-6pm 7-8pm	5:30-10am 11-8pm	5:30-10am 11-8pm	5:30-10am 11-6pm 7-8pm	5:30-10am 11-8pm	8am – 9am 12-5:30pm	12-4:30pm
Open/Family Swim	11am – 6pm 7-8pm	11am – 8pm	11am – 8pm	11am – 8pm	11am-7pm 7-8pm	11am – 5:30pm	12-4:30pm
Aqua Aerobics	10:05-11am 6:05-7pm	10:05-11am	10:05-11am	10:05-11am	10:05-11am		
Hydrorider		9-10am	9-10am	9-10am	7-8pm		
Swim Lessons	4:30-5:30pm	4-6pm	4-6pm	4-6pm		8:30am-12pm	
Pool Parties						12-4pm	2-4pm
Aqua Fit for Kids			6-6:45pm				
Adult Swim Club				6:15-7pm			

Please share lap lanes.

Water aerobics takes the whole pool. Lap lanes move over at 10am and move back at 11am.

Hydrorider takes place in the slide well of the open swim area, you need water shoes for Hydrorider.

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.

C.W. Cansler YMCA

616 Jessamine Street, Knoxville, TN 37917

P 865-637-9622 www.ymcaknoxville.org