



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PILOT FAMILY YMCA

## INDOOR POOL SCHEDULE: MARCH

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b>	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  <b>1 pm – 6:15 pm</b> (March 10 <sup>th</sup> , 17 <sup>th</sup> , & 24 <sup>th</sup> )	<b>7 am – 8am</b> (lap swim only)  1 pm - 5:30 pm	1 pm - 5:30 pm
<b>Open/Family Swim</b>	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  <b>2 pm – 6:15 pm</b> (March. 10 <sup>th</sup> , 17 <sup>th</sup> & 24 <sup>th</sup> )	<b>1 pm – 5:30 pm</b>	<b>1 pm - 5:30 pm</b>
<b>TNAQ Swim Clinic</b>		6:15 pm – 8:30 pm		6:15 pm – 8:30 pm			
<b>Aqua Aerobics</b>	8:30 am - 9:30 am		8:30 am - 9:30 am		8:30 am - 9:30 am		
<b>Chota</b>					<b>6:15 pm -8:30 pm</b> (March 10 <sup>th</sup> , 17 <sup>th</sup> , & 24 <sup>th</sup> )		
<b>ETCH</b>	10 am – 12 pm  1 pm – 3 pm						
<b>HS P.E.</b>		10 am – 12 pm		10 am – 12 pm			
<b>Aqua Hour</b>	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		
<b>Special Olympics</b>			6:30pm-7:30pm				
<b>Swim Lessons</b>	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  <b>5am – 6:15 pm</b> (March 10 <sup>th</sup> , 17 <sup>th</sup> , & 24 <sup>th</sup> )	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.**
- **March Group Lessons/TNAQ Clinic:** March registration for Group Lessons will open February 12<sup>th</sup> for Members and 15<sup>th</sup> for Non-Members.
  - **Group Lessons:** February 27<sup>th</sup> – April 1<sup>st</sup>
  - **TNAQ Swim Clinic:** January 11<sup>th</sup> – March 3<sup>rd</sup>, 2023; 8 week session
- **Chota:** Pool will be closed on March 10<sup>th</sup>, 17<sup>th</sup>, and 24<sup>th</sup> from 6:15pm-8:30pm for roll practice.
- **Aqua Hour:** Mon-Fri 1 – 2 pm & T/TH 8:30am – 9:30am
- **Special Olympics:** Practices held on Wednesdays from 6:30pm-7:30pm.