



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PILOT FAMILY YMCA

INDOOR POOL SCHEDULE: **NOVEMBER**

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5 am – 8:30 am (lap swim only) 8:30 am - 12 pm 12 – 1 pm (Lap swim Only) 1pm – 6 pm 7:30pm- 8:30pm	5 am – 8 am (lap swim only) 8:30 am - 12 pm 12 – 1 pm (Lap swim Only) 1 pm – 6 pm	5 am – 8:30 am (lap swim only) 8:30 am - 12 pm 12 – 1 pm (Lap swim Only) 1pm – 6pm 7:30pm-8:30pm	5 am – 8:30 am (lap swim only) 8:30 am - 12 pm 12 – 1 pm (Lap swim Only) 1 pm – 6 pm	5 am – 8:30 am (lap swim only) 8:30 am – 12 pm 12 – 1 pm (Lap swim Only) 1 pm – 8:30 pm	7am – 8am (Lap Swim only) 1pm – 5:30pm	1 pm - 5:30 pm
Open/Family Swim	9:30 am – 12 pm 2 pm – 6 pm	9:30 am – 12 pm 1 – 3pm	9:30 am - 12 pm 2 pm – 6 pm	9:30 am – 12 pm 1 – 3 pm	9:30 am – 12 pm 2 pm – 8:30 pm	2 – 5:30pm	1 pm - 5:30 pm
Aqua Aerobics	8:30 am - 9:30 am	8:30am – 9:30am	8:30 am - 9:30 am	8:30am – 9:30am	8:30 am - 9:30 am		
Aqua Hour	1 pm - 2 pm		1 pm – 2 pm		1 pm – 2 pm		
Special Olympics Practice			6:30 pm – 7:15 pm 7:15 pm – 8:00 pm (2 lanes)				
Home School P.E.		10-12pm		10-12pm			
SWIM LESSONS		3 – 6pm (2 lanes)		3 - 6pm (2 lanes)		8:15am – 3pm (5 lanes)	
SHCS	6:15 – 7:30pm (4 Lanes)		6:15 – 7:30pm (4 lanes)				
TNAQ		6-8pm (5 Lanes)		6-8pm (5 Lanes)			

- 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 or mobile app for lane usage for activities and descriptions. **The schedule is subject to change & pool space is adjusted based on volume. During Group lessons, lap lane availability is limited; check the schedule for times & days to plan accordingly.**
- **NO Open/Free Swim during scheduled Water Aerobics, Aqua Hour, LFG class, or Lap Swim only times.**
- **Special Olympics Swim Team:** 2 lap lanes from 6:30 pm to 8pm on Wednesdays.
- **Home School P.E.-** Will begin Aug 8th through Dec 19th
- **Group Lessons:** Registration for January group lessons will open December 12th for Members and December 15th for Non-Members.
- **Private swim lessons** are subject to change throughout the day and will have access to use the lap lanes if needed.

Pilot Family YMCA

400 North Winston Rd, Knoxville, TN 37909

P 865-690-9622 www.ymcaknoxville.org