



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

TENNOVA FAMILY YMCA

LAP POOL SCHEDULE

August 2024	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-9am 11am-5:30pm	12-5:30pm
Open/Family Swim	1pm – 7:30pm	1pm – 7:30pm	1pm – 6pm	1pm -6pm	1pm – 6pm 7pm-8:30pm	12-5:30pm	1-5:30pm
Aqua Aerobics	9-9:45am 10-10:45am (Arthritis pool) 11-11:45am	10-10:45am 11-11:45am (Arthritis pool)	9-9:45am 10-10:45am (Arthritis pool) 12-12:45pm 6:00-7:15pm	10-10:45am 11-11:45am (Arthritis pool) 6:00-6:45pm	9-9:45am 10-10:45am (Arthritis pool) 11-11:45pm 6:00-6:45pm	10:15-11am 6-6:45pm	

*Please share lap lanes. No more than 2 people per lap lane, starting and stopping on opposite ends of the lane.

*Please see our online schedule for lanes usage for each activity as well as activity descriptions.

*This schedule is subject to change.

***Private lessons can be taught during pool operating hours**

THERAPY POOL SCHEDULE

August 2024	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Therapy (18 and up)	5am-9:30pm	5am-9:30pm	5am-9:30pm	5am-9:30pm	5am-9:30pm	7am-9am 12-5:30pm	12-5:30pm
Aqua Arthritis	10-10:45am	11-11:45am	10-10:45am	11-11:45am	10-10:45am		

*Private lessons may take place at various times with an Instructor

***THERAPY POOL IS FOR MEMBERS AND GUESTS 18 AND UP**

TENNOVA FAMILY YMCA

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