



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PILOT FAMILY YMCA

## INDOOR POOL SCHEDULE: OCTOBER

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Lap Swim</b>	5 am – 8:30 am (lap swim only)  9:30 am - 12 pm  <b>12 – 1 pm</b> <b>(Lap swim Only)</b>  1pm – 2pm  2pm – 8:30pm	5 am – 8:30 am (lap swim only)  8:30 am – 12:30 pm  <b>12:30 – 1:30 pm</b> <b>(Lap swim Only)</b>  1:30 pm – 6pm	5 am – 8:30 am (lap swim only)  9:30 am – 12 pm  <b>12 – 1 pm</b> <b>(Lap swim Only)</b>  1pm – 2 pm  2pm – 8:30pm	5 am – 8:30 am (lap swim only)  8:30 am – 12:30 pm  <b>12:30 – 1:30 pm</b> <b>(Lap swim Only)</b>  1:30 pm – 6 pm	5 am – 8:30 am (lap swim only)  8:30 am – 12:30 pm  <b>12:30 – 1:30 pm</b> <b>(Lap swim Only)</b>  1 pm – 6 pm	5 am – 8:30 am (lap swim only)  9:30 am – 12 pm  <b>12 – 1 pm</b> <b>(Lap swim Only)</b>  1 pm – 6 pm	7am – 8:30am (Lap Swim only)  <b>1 – 3 pm</b> <b>(2 lanes)</b>  3pm – 5:30pm (3 lanes)	1 pm - 5:30 pm
<b>Open/Family Swim</b>	9:30 am – 12 pm	<b>1:30pm-4pm</b>	9:30 am - 12 pm  2pm – 4pm  7pm-8:30pm	<b>1:30pm – 5pm</b>	9:30 am – 12 pm  <b>2 pm – 6 pm</b>	<b>1 – 5:30pm</b>	1 pm - 5:30 pm	
<b>HomeSchool P.E.</b>		10am – 12pm		10am – 12pm				
<b>Aqua Aerobics</b>	8:30 am - 9:30 am		8:30 am - 9:30 am		8:30 am - 9:30 am			
<b>Aqua Hour</b>	1 pm - 2 pm		1 pm – 2 pm		1 pm – 2 pm			
<b>Special Olympics</b>			6:30pm-8pm (2 lanes)					
<b>WaterPolo</b>	7pm-8:30pm October 14 <sup>th</sup> October 21st				6 pm – 8 pm			
<b>SWIM LESSONS</b>	3 -7pm	4-6pm	3 -7pm	3-6pm		8:45am – 1pm		
<b>SWIM CLINIC</b>		6pm-8pm		6pm-8pm				

- 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.**
- **Homeschool P.E.** - will be Tuesday / Thursday throughout the school year
- **Group Lessons:** Registration for OCTOBER lessons will open September 12<sup>th</sup> for members and September 15<sup>th</sup> 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](http://www.ymcaknoxville.org)