



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CANSLER YMCA

INDOOR POOL SCHEDULE

November 2024	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5:30-10am 11am-6pm 7-8pm	5:30-10am 11am-8pm	5:30-10am 11am-8pm	5:30-10am 11am-6pm 7-8pm	5:30-10am 11am-8pm	8am-5pm	12-4pm
Open/Family Swim	11am-6pm 7-8pm	11am-8pm	11am-8pm	11am-8pm	11am-7pm	11am-5pm	12-4pm
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		
Group Swim Lessons†*	4-6pm*	4-6pm*	4-6pm*	4-6pm*		8:30-11am*	
Private Swim Lessons	5:30-10am 11am-6pm 7-8pm	5:30-10am 11am-8pm	5:30-10am 11am-8pm	5:30-10am 11am-6pm 7-8pm	5:30-10am 11am-8pm	8am-5pm	12-4p
Pool Parties						12-4:30pm	2-4pm
Adult Swim Club				6-7pm			

Please share lap lanes.

Water aerobics takes up 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.

Adult Swim Club uses all of the lap lanes. There is NO open lap swim during this time.

Private swim lessons can happen at anytime EXCEPT during Water Aerobics and Adult Swim Club.

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

This schedule is subject to change.

†Group swim lessons will begin on Saturday, November 2nd and will run through Thursday, November 21st.

*There will be a 3-week group swim lesson session in November, so there will be NO group swim lessons after November 21st until January. There are NO group swim lessons in December.

Registration for January group swim lessons will open on Dec. 12th for members and Dec. 15th for nonmembers.

C.W. Cansler YMCA

616 Jessamine Street, Knoxville, TN 37917

P 865-637-9622 www.ymcaknoxville.org