



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 12pm – 1 pm (Lap swim Only) 1pm – 2pm 2pm – 8:30pm	5 am – 8:30 am (lap swim only) 8:30 am – 12:30pm 12:30pm – 1:30pm (Lap swim Only) 1:30 pm – 6pm	5 am – 8:30 am (lap swim only) 8:30 am – 12 pm 12pm – 1 pm (Lap swim Only) 1pm – 2 pm 2pm – 8:30pm	5 am – 8:30 am (lap swim only) 8:30 am – 12:30pm 12:30pm – 1:30pm (Lap swim Only) 1:30 pm – 6 pm	5 am – 8:30 am (lap swim only) 8:30 am – 12:30pm 12:30pm – 1:30pm (Lap swim Only) 1 pm – 6 pm	5 am – 8:30 am (lap swim only) 8:30 am – 12 pm 12pm – 1 pm (Lap swim Only) 1 pm – 6 pm	7am – 8:30am (Lap Swim only) 12 pm – 3 pm (2 lanes) 3pm – 5:30pm (3 lanes)	1pm - 5:30 pm
Open/Family Swim	9:30 am – 12 pm 2pm – 3pm 7 pm – 8:30 pm	1:30pm-4pm	9:30 am - 12 pm 2pm – 3pm 7pm-8:30pm	1:30pm – 4pm	9:30 am – 12 pm 2 pm – 6 pm	12 pm – 5:30pm	1pm - 5:30 pm	
HomeSchool P.E.		10am – 12pm		10am – 12pm				
Aqua Aerobics	8:30 am - 9:30 am		8:30 am - 9:30 am		8:30 am - 9:30 am			
Aqua Hour	1 pm - 2 pm		1 pm – 2 pm		1 pm – 2 pm			
Special Olympics			6:30pm-8pm (2 lanes)					
WaterPolo					6 pm – 8 pm			
SWIM LESSONS	3 -7pm	4-6pm	3 -7pm	3-6pm		8:45am – 12:10pm		
SWIM CLINIC		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 JANUARY 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