



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TENNOVA FAMILY YMCA

LAP POOL SCHEDULE

January 2025	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5am-8:30pm	5am-8:30pm	5am-8:30pm	5am-8:30pm	5am-8:30pm	7am-9am 11am-5:30pm	12-5:30pm
Open/Family Swim	1pm - 6pm	1pm - 6pm	1pm - 6pm	1pm -6pm	1pm - 6pm 7p-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 6:00-6:45	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	
Swim lessons	3:25-6:15pm	4-6:15pm	4-6:00pm	4-6:00pm	Make up	9am-12pm	
Swim Clinic	6-7:30pm	6-7:30pm					
High School Swim Teams	7:30-8:30pm (Grace)	7:30-8:30pm (Halls)		7-8pm (Grace)	7-8p	7-8:am (Halls)	
Home School PE		1:30-2:30pm		1:30-2:30pm			

*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.

THERAPY POOL SCHEDULE

January 2025	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Therapy (18 and up)	5am-8:30pm	5am-8:30pm	5am-8:30pm	5am-8:30pm	5am-8:30pm	7am-9am 12-5:30pm	12-5:30pm
Swim lessons						9am-12pm	
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

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