



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CANSLER YMCA

INDOOR POOL SCHEDULE

March 2025	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-5pm 6-8pm	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	12-4pm
Pool Parties						12-4:30pm	2-4pm
Adult Swim Club				6-7pm			
Winter Swim Clinics			5-7pm				
Homeschool Swim Clinics			11am-12:30pm				

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, March 1st and will run through Saturday, March 29th. **Registration is required.**

*Registration for April group swim lessons will open on March 12th for members and March 15th for nonmembers.

◇ March will be a 3-week group swim lesson session due to Knox County Spring Break, so there will be NO group swim lessons March 15th-22nd.

C.W. Cansler YMCA

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