



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TENNOVA FAMILY YMCA

## LAP POOL SCHEDULE

March 2025	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b>	5am-8:30pm	5am-8:30pm	5am-8:30pm	5am-8:30pm	5am-8:30pm	7am-9am 11am-5:30pm	12-5:30pm
<b>Open/Family Swim</b>	1pm – 6pm	1pm – 6pm	1pm – 6pm	1pm -6pm	1pm – 6pm 7p-8:30pm	12-5:30pm	1-5:30pm
<b>Aqua Aerobics</b>	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	10:15-11am	
<b>Swim lessons</b>	3:25-6:15pm	4-6:15pm	4-6:00pm	4-6:00pm	Make up	9am-12pm	
<b>Swim Clinic</b>	6-7:30pm	6-7:30pm					
<b>Home School PE</b>		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

March 2025	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Therapy (18 and up)</b>	5am-8:30pm	5am-8:30pm	5am-8:30pm	5am-8:30pm	5am-8:30pm	7am-9am 12-5:30pm	12-5:30pm
<b>Swim lessons</b>						9am-12pm	
<b>Aqua Arthritis</b>	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

### TENNOVA FAMILY YMCA

7540 Dannaher Dr, Powell, TN 37938

P 865-922-9622 [www.ymcaknoxville.org](http://www.ymcaknoxville.org)