



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PILOT FAMILY YMCA

## INDOOR POOL SCHEDULE: MARCH 2025

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b>	<b>5 am – 6:00 am (NAVY 2 lanes)</b> 5:00-8:30am (4 lanes) 8:30 am – 9:30 am (2 lanes) 9:30 am – 12 pm (4 lanes) 12 pm – 1 pm (LAP SWIM ONLY) 1 pm – 3 pm (4 lanes) 3 pm – 8:30 pm (2 lanes)	5 am – 8:30 am (LAP SWIM ONLY) 8:30 am - 12 pm (4 lanes) 12 pm – 1:30 pm (LAP SWIM ONLY) 1:30 pm – 6 pm (3 lanes) 7 pm – 8:30 pm (2 lanes)	5 am – 8:30 am (LAP SWIM ONLY) 8:30 am – 9:30am (2 lanes) 9:30 am – 12 pm (3 lanes) 12 pm – 1 pm (LAP SWIM ONLY) 1 – 6pm (3 Lanes) <b>2 pm – 5 pm (NAVY 3 lanes)</b>	5 am – 8:30 am (LAP SWIM ONLY) 8:30 am - 12 pm (4 lanes) 12pm – 1:30pm (LAP SWIM ONLY) 1:30 pm – 6pm (3 Lanes) 7 pm – 8:30 pm (2 lanes)	5 am – 8:30 am (LAP SWIM ONLY) 8:30 am –9:30am (2 lanes) 9:30 am – 12 pm (4 lanes) <b>12pm – 1 pm (3 lanes NAVY)</b> 12 pm – 8:30 pm (3 lanes)	7am – 8:30am (LAP SWIM ONLY) 12 pm – 5:30 pm (3 lanes)	1pm - 5:30 pm (3 lanes)
<b>Open/Family Swim</b>	9:30 am – 12 pm 2pm – 4 pm 7 pm – 8:30 pm	8:30 am – 12 pm 1:30pm-4 pm	9:30 am - 12 pm 2 pm – 4 pm	8:30 am – 12 pm 1:30 pm – 4 pm	9:30 am – 12 pm 2 pm – 8:30 pm	1 pm – 5:30pm	1pm - 5:30 pm
<b>HomeSchool P.E.</b>		10am – 12pm		10am – 12pm			
<b>Aqua Aerobics</b>	8:30 am - 9:30 am		8:30 am - 9:30 am		8:30 am - 9:30 am		
<b>Aqua Hour</b>	1 pm - 2 pm		1 pm - 2 pm		1 pm - 2 pm		
<b>Special Olympics</b>			6:15pm-8pm (2 lanes)				
<b>WaterPolo</b>			6 pm – 8 pm (4 lanes)				
<b>SWIM LESSONS</b>	3pm -7pm	4pm-6pm	9:30am- 12pm 3-6pm	4pm-6pm		8:45am – 1:00pm	
<b>SWIM CLINIC</b>		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 April swim lessons will open March 12<sup>th</sup> for members and March 15<sup>th</sup> 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

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