



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TENNOVA FAMILY YMCA

LAP POOL SCHEDULE

July 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 –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	10:15-11am	
Swim lessons	1:00-5:55pm	9:30-11:10a 1:55-5:55pm	1:55-6:25pm	9:00-11:15a 1:55-6:15pm	Make up swim lessons	8:30am-12pm	
TFY Swim Team	6:30-8:30pm	6:30-8:30pm	7:00-8:00am 7:00-8:00pm	7:00-8:00am	7:00-8:00am		

*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.

*During swim lesson times only 1 lap lane available for lap swim

THERAPY POOL SCHEDULE

July 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	1:00-5:55pm	9:30-11:10a 1:55-5:55pm	1:55-6:25pm	9:00-11:15a 1:55-6:15pm		8:30a-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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7540 Dannaher Dr, Powell, TN 37938

P 865-922-9622 www.ymcaknoxville.org