



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TENNOVA FAMILY YMCA

## LAP POOL SCHEDULE

August 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 –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	

\*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

August 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>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

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