



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CANSLER YMCA

INDOOR POOL SCHEDULE

December 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		
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
Adult Swim Club				6pm-7pm			
Private Christian School group lessons	2:30-3pm						
Pool Parties						12-4:30pm	2-4pm

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.

Private swimming lessons can happen at any time EXCEPT during Water Aerobics and Adult Swim Club.

This schedule is subject to change.

Please keep in mind the pool will close at 11am on the 24th and 1pm on the 31st

C.W. Cansler YMCA

616 Jessamine Street, Knoxville, TN 37917

P 865-637-9622 www.ymcaknoxville.org