



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TENNOVA FAMILY YMCA

## LAP POOL SCHEDULE

January 2026	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 11:30am-12:15pm	10-10:45am	9-9:45am 12-12:45pm 6:00-6:45pm	10-10:45am 6:00-6:45pm	9-9:45am 11-11:45am	10:15-11am	
<b>High School Swim Teams</b>	7:30-8:30pm (Grace)	7:30-8:30pm (Halls)		7-8pm (Grace)		7-8:30am (Hal6s)	
<b>Swim Lessons</b>	3:25-6:15pm	3:25-6:15pm	4-6:30pm	4-6:30pm	Make up Swim lessons	9am-12pm	
<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. 6

\*This schedule is subject to change.

## THERAPY POOL SCHEDULE

January 2026	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Therapy (18 and up)</b>	5am-8:00pm	5am-8:00pm	5am-8:00pm	5am-8:00pm	5am-8:00pm	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)