

# YOUR SWIM. YOUR WAY.

## PILOT FAMILY YMCA POOL SCHEDULES DECEMBER 2025

UPDATED 11.26.2025

### INDOOR POOL

#### LAP SWIMMING

<b>MONDAY</b>	5:00am-8:30am 9:30am-6:00pm
<b>TUESDAY</b>	5:00am-6:00pm
<b>WEDNESDAY</b>	5:00am-8:30am 9:30am-6:00pm
<b>THURSDAY</b>	5:00am-6:00pm
<b>FRIDAY</b>	5:00am-8:30am 9:30am-8:30pm
<b>SATURDAY</b>	7:00am-5:30pm
<b>SUNDAY</b>	1:00pm-5:30pm

Lap Swim provides designated lanes for continuous swimming. At least one lane is available at all times and may be shared with others using circle swimming. Swimmers may swim solo when space allows or use circle swimming to accommodate multiple swimmers per lane.

#### OPEN SWIMMING

<b>MONDAY</b>	9:30am-12:00pm 2:00pm-6:00pm
<b>TUESDAY</b>	8:30am-12:00pm 1:00pm-6:00pm
<b>WEDNESDAY</b>	9:30am-12:00pm 2:00pm-6:00pm
<b>THURSDAY</b>	8:30am-12:00pm 1:00pm-6:00pm
<b>FRIDAY</b>	9:30am-12:00pm 2:00pm-6:00pm
<b>SAT &amp; SUN</b>	1:00pm-5:30pm

Open Swim is a designated time for all ages to enjoy the pool freely, with space for recreational swimming, water play, and family fun.

#### PROGRAMS

##### GROUP FIT - WATER FITNESS

Mon, Wed, Fri	8:30am-9:30am
Tues, Thurs, Fri	6:00pm-6:45pm

##### AQUA HOUR

Mon, Wed, Fri	1:00pm-2:00pm
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##### YMCA SWIM LESSONS

Mon-Thur	3:30pm-6:30pm
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##### SWIM TEAM PARTNERS

TNAQ	
Mon-Thur	6:00pm-7:45pm
Catholic Youth Swimming	
Mon & Wed	7:45pm-8:45pm
Special Olympics	
Wed	6:30pm-8:00pm

### OUTDOOR POOL

#### LAP SWIMMING

\*2 Lap Lanes ONLY Mon-Fri: 4:00pm-6:00pm\*

<b>MONDAY</b>	7:30am-6:00pm
<b>TUESDAY</b>	7:30am-6:00pm
<b>WEDNESDAY</b>	7:30am-6:00pm
<b>THURSDAY</b>	7:30am-6:00pm
<b>FRIDAY</b>	7:30am-6:00pm
<b>SATURDAY</b>	7:00am-1:00pm *2 lanes only*
<b>SUNDAY</b>	1:00pm-5:30pm *1 lane only 1pm-2:30pm*

#### OPEN SWIMMING

<b>MON-SAT</b>	No Open Swim
<b>SUNDAY</b>	1:00pm-5:30pm

#### COLD WEATHER POLICY

For the safety and comfort of our members and staff, the following cold weather policy applies to the outdoor pool:

- If the temperature, real feel, or wind chill is 32°F or colder, outdoor swimming will not be available.
- Pool availability will resume once conditions rise above 32°F and are deemed safe by YMCA staff.

This policy helps ensure that all members enjoy a safe and positive swimming experience throughout the colder months. Please check our social media pages, YMCA360 app, or front desk updates for real-time information on pool availability.

#### PROGRAMS

##### SWIM TEAM PARTNERS

TNAQ	
Mon-Fri	4:00pm-7:30pm
Sat	7:00am-11:00am

##### MARBLE CITY WATER POLO CLUB

www.mcpolo.org	
Sat	11:00am-1:00pm

We'll be operating with special hours and modified swimming options during the Christmas and New Year holidays.

Full details will be shared soon — and don't forget to use the YMCA360 App for real-time updates, plus great workouts you can enjoy at home, on the go, or while traveling this holiday season.

## PILOT FAMILY YMCA

A Branch of the YMCA of East Tennessee

Please note: **The schedule is subject to change**  
All pool availability may be updated periodically.