

YOUR SWIM. YOUR WAY.

PILOT FAMILY YMCA POOL SCHEDULES JANUARY 2026

UPDATED 12.23.2025

INDOOR POOL

LAP SWIMMING

MONDAY	5:00am-8:30am 9:30am-6:00pm
TUESDAY	5:00am-6:00pm
WEDNESDAY	5:00am-8:30am 9:30am-6:00pm
THURSDAY	5:00am-6:00pm
FRIDAY	5:00am-8:30am 9:30am-8:30pm
SATURDAY	7:00am-8:00am 12:00pm-5:30pm
SUNDAY	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

MONDAY	9:30am-12:00pm 2:00pm-6:00pm
TUESDAY	8:30am-12:00pm 1:00pm-6:00pm
WEDNESDAY	9:30am-12:00pm 2:00pm-6:00pm
THURSDAY	8:30am-12:00pm 1:00pm-6:00pm
FRIDAY	9:30am-12:00pm 2:00pm-6:00pm
SAT & SUN	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-6:00pm
Saturday	8:30am-12:30pm

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

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

OPEN SWIMMING

MON-SAT	No Open Swim
SUNDAY	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

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.