

# YOUR SWIM. YOUR WAY.

## PILOT FAMILY YMCA POOL SCHEDULES MARCH 2026

UPDATED 2.25.2026

### 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-8:00am 12:00pm-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-3:30pm
<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	10:00am-10:45am
Tues, Thurs, Fri**	6:00pm-6:45pm

\*\*No Thurs & Fri 6:00PM Class March 12th & 13th

##### AQUA HOUR

Mon, Wed, Fri	1:00pm-2:00pm
---------------	---------------

##### YMCA SWIM LESSONS

Mon-Thur	3:30pm-6:00pm
Saturday	8:30am-12:30pm

##### SWIM TEAM PARTNERS

TNAQ Tridents	
Mon-Thur	6:00pm-7:45pm
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* **March 21-1:00pm-5:30pm
<b>SUNDAY</b>	1:00pm-5:30pm *1 lane only 1pm-2:30pm*

#### WEEK OF MARCH 9th-13th

##### Spring Break Hours

Lap Swim Ends at 5:00pm

#### OPEN SWIMMING

<b>SUN 3/22</b>	1:00pm-5:30pm
-----------------	---------------

\*No Open Swim March 1st, 8th, 15th

#### OUTDOOR POOL 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 - Masters

Tues & Thur	11:30am-12:45pm
Sat	7:00am-8:15am
Sun	1:00pm-2:30pm

YMCA Members come join the TNAQ Masters Group! Stop by a practice and speak with a TNAQ Masters Coach to learn about special pricing for YMCA Members!

##### TNAQ - Age Group

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.