



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

TENNOVA FAMILY YMCA

LAP POOL SCHEDULE

July 2026	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lap Swim	5am-3:00pm 3-6pm limited space 6:00-8:30pm	5am-3:00pm 3-6pm limited space 6:00-8:30pm	5am-3:00pm 3-6pm limited space 6:00-8:30pm	5am-3:00pm 3-6pm limited space 6:00-8:30pm	5am-3:00pm 3-6pm limited space 6:00-8:30pm	5am-8:30pm	7am-9am 9-11am no lap swim 11am-5:30pm	12-5:30pm
Open/Family Swim	1pm - 6pm	1pm - 6pm	1pm - 6pm	1pm -6pm	1pm - 8:30pm	12-5:30pm	1-5:30pm	
Aqua Aerobics	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		
Swim Lessons	3:00-6:00pm	3:00-6:00pm	3:00-6:30pm	10a-12:15p 3:00-6:00pm	Make up Swim lessons	9am-12pm		
TFY Swim Team	6:30-8:30pm	6:30-8:30pm	7:00-8:00pm	7:00-8:00pm				

***Family swim open until 8:30pm on Fridays**

*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.

*This schedule is subject to change.

THERAPY POOL SCHEDULE

July 2026	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Therapy (18 and up)	5am-8:00pm	5am-8:00pm	5am-8:00pm	5am-8:00pm	5am-8:00pm	7am-9am 12-5:30pm	12-5:30pm
Swim lessons	3:00-6:00pm	3:00-6:00pm	3:00-6:30pm	3:00-6:30pm		9am-12pm	
Aqua Arthritis	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

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