



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CANSLER YMCA

## INDOOR POOL SCHEDULE

| August 2026                 | Monday                            | Tuesday               | Wednesday             | Thursday                          | Friday                | Saturday  | Sunday |
|-----------------------------|-----------------------------------|-----------------------|-----------------------|-----------------------------------|-----------------------|-----------|--------|
| <b>Lap Swim</b>             | 5:30-10am<br>11am-6:15pm<br>7-8pm | 5:30-10am<br>11am-8pm | 5:30-10am<br>11am-8pm | 5:30-10am<br>11am-6:15pm<br>7-8pm | 5:30-10am<br>11am-8pm | 8am-5pm   | 12-4pm |
| <b>Open/Family Swim</b>     | 11am-6:15pm<br>7-8pm              | 11am-8pm              | 11am-8pm              | 11am-8pm                          | 11am-6pm<br>7pm-8pm   | 11am-5pm  | 12-4pm |
| <b>Aqua Aerobics</b>        | 10:05-11am<br>6:15-7:15pm         | 10:05-11am            | 10:05-11am            | 10:05-11am                        | 10:05-11am            |           |        |
| <b>Hydrorider</b>           |                                   | 9-10am                | 9-10am                | 9-10am                            | 6-7pm                 |           |        |
| <b>Private Swim Lessons</b> | 5:30-10am<br>11am-6pm<br>7-8pm    | 5:30-10am<br>11am-8pm | 5:30-10am<br>11am-8pm | 5:30-10am<br>11am-6pm<br>7-8pm    | 5:30-10am<br>11am-8pm | 8am-5pm   | 12-4pm |
| <b>Adult Swim Club</b>      |                                   |                       |                       | 6:15pm-7pm                        |                       |           |        |
| <b>Pool Parties</b>         |                                   |                       |                       |                                   |                       | 12-4:30pm | 2-4pm  |

-Please share lap lanes.

-Water aerobics takes up the whole pool. Lap lanes move over at 10am and move back at 11am.

-Hydrorider takes place in the slide well of the open swim area. You need water shoes for Hydrorider.

-Private swimming lessons can happen at any time EXCEPT during Water Aerobics and Adult Swim Club.

-This schedule is subject to change.

-No group swim lessons in August

**C.W. Cansler YMCA**

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