FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TENNOVA FAMILY YMCA

LAP POOL SCHEDULE

November 2026	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5am–8:30pm 4-6pm limited space	5am-8:30pm	5am-8:30pm 4-6pm limited space	5am-8:30pm 4-6pm limited space	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 11-11:45am 6:00-6:45pm	10-10:45am 6:00-6:45pm	9-9:45am 11-11:45am	10:15-11am	
Swim Lessons	3:25-6:15pm		4:00-6:30pm	4:00-6:15pm	Make up Swim lessons	8am-12pm	
High School Swim Teams	7:30-8:30pm (Grace)	7:30-8:30pm (Halls)		7-8pm (Grace)			
Swim Clinic	5:30-7:00pm		1:30-3:00pm 5:15-6:00pm		5:15-7:30pm		

*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

November 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

TENNOVA FAMILY YMCA
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