YOUR SWIM. YOUR WAY.

PILOT FAMILY YMCA POOL SCHEDULES

NOVEMBER 2026

UPDATED 10.26.2026

INDOOR POOL

LAP SWIMMING

MONDAY	5:00am-8:30am 9:30am-6:45pm
TUESDAY	5:00am-6:45pm
WEDNESDAY	5:00am-8:30am 9:30am-6:45pm
THURSDAY	5:00am-6:45pm
FRIDAY	5:00am-8:30am 9:30am-6:00pm
SATURDAY	7:00am-8:30am 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-1:00pm 2:00pm-4:00pm
TUESDAY	10:00am-4:00pm
WEDNESDAY	2:00pm-6:00pm
THURSDAY	10:00am-4:00pm
FRIDAY	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	9:00am-9:45am
Tues PM	6:00pm-6:45pm

ADULT ONLY AQUA HOUR

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

YMCA SWIM LESSONS

Mon-Thur	3:30pm-6:30pm
Wed & Fri	9:30am-12:30pm
Sat	8:30am-1:00pm

YMCA HOMESCHOOL PE

Tues & Thur	11:00am-12:00pm

SWIM TEAM PARTNERS

TNAQ Tridents

Mon - Thur	6:45pm-8:30pm

Marble City Water Polo

Friday	6:00pm-8:30pm

Special Olympics

Wed	6:30pm-8:30pm

OUTDOOR POOL

LAP SWIMMING

2 Lap Lanes ONLY Mon-Fri: 4:00pm-6:00pm

MONDAY	7:00am-6:00pm
TUESDAY	7:00am-12:00pm 1:00pm-6:00pm
WEDNESDAY	7:00am-12:00pm 1:00pm-6:00pm
THURSDAY	7:00am-12:00pm 1:00pm-6:00pm
FRIDAY	7:00am-6:00pm
SATURDAY	7:00am-1:00pm
SUNDAY	1:00pm-5:30pm

OPEN SWIMMING

MON-SAT	No Open Swim
SUNDAY	1:00pm-5:30pm Kiddie Pool Closed

ADULT AQUATIC USE

NOT A LAP SWIMMER? NO PROBLEM!

During **Adult Aquatic Use**, adults are welcome to water walk, exercise, stretch, aqua jog, or simply enjoy some quiet time in the water. Designated lanes must remain available for lap swimmers.

Mon & Fri	7:00am-4:00pm
Tues/Wed/Thurs	7am-12pm / 1:00pm-4pm

PROGRAMS

TNAQ MASTERS

Sun	1:00pm-2:30pm

TNAQ HOME SCHOOL

Tues, Wed, Thur	12:00pm-1:00pm

TNAQ TRIDENTS

Mon-Fri	4:30pm-7:30pm
Sat	7:00am-1:00pm

HIGH SCHOOL SWIM TEAM

Mon-Fri	3:45pm-4:45pm

COOL AIR. WARM WATER!

Enjoy our HEATED OUTDOOR POOL year-round!

Keep swimming, moving and enjoying the water through every season. With warm water and more ways to enjoy our outdoor pool, there's no need to pack away the swimsuit just yet.

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. For the most up-to-date information on outdoor pool availability, please contact our Welcome Center (Front Desk) directly.

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.