

YOUR SWIM. YOUR WAY.

PILOT FAMILY YMCA POOL SCHEDULES OCTOBER 2026

UPDATED 9.25.2026

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 7:00pm-8:30pm
SATURDAY	7:00am-8:30am 1:00pm-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 7:00pm-8:30pm
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
Held Outdoors first, but may change to Indoor pool depending on weather	
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	9:30am-12:30pm
Sat	8:30am-1:00pm

YMCA HOMESCHOOL PE

Tues & Thur	10:00am-11:00am
-------------	-----------------

SWIM TEAM PARTNERS

TNAQ Tridents	
Mon - Thur	6:45pm-8:30pm
Marble City Water Polo	
Friday	6:00pm-7:00pm
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

YMCA OUTDOOR WATER FIT

T/Th/F** - Kim	9:00am-9:45am
Held Outdoors until further notice	

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
---------	---------------

HIGH SCHOOL SWIM TEAM

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

SUMMER ENDS. OUTDOOR POOL SEASON DOESN'T.

Enjoy our **HEATED OUTDOOR POOL** year-round! Keep swimming, moving and enjoying the water through every season. Summer may be winding down, but pool season is still going strong at the Pilot Y! With warm water and more ways for adults to enjoy the pool, there's no need to pack away the swimsuit just yet.

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.