



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

WEST SIDE FAMILY YMCA
 October 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-7:30am	Lap Swim 6L	Lap Swim 6L	Lap Swim 6L	Lap Swim 6L	Lap Swim 6L	Lap Swim 6L open at 7am	
7:30am-8:30am	Lap Swim 6L	Lap Swim 6L	Lap Swim 6L	Lap Swim 6L	Lap Swim 6L	Swim Lessons 1L Lap Swim 5L	
8:30am-9:30am	Wet N' Wild 4L Lap Swim 2L	Wet N' Wild 4L Lap Swim 2L	Deep Intensity 4L Lap Swim 2L	Wet N' Wild 4L Lap Swim 2L	AquaBata 4L Lap Swim 2L	Swim Lessons 4L Lap Swim 2L	
9:30am-10:00am	Free Swim 2L Lap Swim 4L	Free Swim 2L Lap Swim 4L	Free Swim 2L Lap Swim 4L	Free Swim 2L Lap Swim 4L	SBR 3L Lap Swim 3L	Swim Lessons 5L Lap Swim 1L	
10:00am-11:00am	Aqua Aerobics 4L Lap Swim 2L	Free Swim 2L Lap Swim 4L <small>(Homeschool PE 10-12pm)</small>	Aqua Aerobics 4L Lap Swim 2L	Free Swim 2L Lap Swim 4L <small>(Homeschool PE 10-12pm)</small>	Aqua Aerobics 4L Lap Swim 2L	Swim Lessons 5L Lap Swim 1L	
11:00am-12:00pm	Free Swim 2L Lap Swim 4L	Free Swim 2L Lap Swim 4L <small>(Homeschool PE 10-12pm)</small>	Free Swim 2L Lap Swim 4L	Free Swim 2L Lap Swim 4L <small>(Homeschool PE 10-12pm)</small>	Free Swim 2L Lap Swim 4L	Swim Lessons 5L Lap Swim 1L	
12:00pm-1:00pm	Lap Swim 6L	Lap Swim 6L	Lap Swim 6L	Lap Swim 6L	Lap Swim 6L	Swim Lessons 5L Lap Swim 1L	
1:00pm-2:00pm	Aqua Aerobics 4L Lap Swim 2L	Aquacize 4L Lap Swim 2L	Aqua Aerobics 4L Lap Swim 2L	Aquacize 4L Lap Swim 2L	Aqua Aerobics 4L Lap Swim 2L	Free Swim 3L Lap Swim 3L	Free Swim 3L Lap Swim 3L
2:00pm-4:00pm	Free Swim 2L Lap Swim 4L	Free Swim 2L Lap Swim 4L	Free Swim 2L Lap Swim 4L	Free Swim 2L Lap Swim 2L	Free Swim 2L Lap Swim 4L	Free Swim 3L Lap Swim 3L	Free Swim 3L Lap Swim 3L
4:00pm-7:00pm	Swim Lessons 2L Free Swim 2L Lap Swim 2L	Swim Lessons 2L Free Swim 2L Lap Swim 2L	Swim Lessons 2L Free Swim 2L Lap Swim 2L	Swim Lessons 2L Free Swim 2L Lap Swim 2L	Swim Lessons 2L Free Swim 2L Lap Swim 2L <small>^as needed per makeup</small>	Free Swim 3L Lap Swim 3L pool closes at 5:45pm	Free Swim 3L Lap Swim 3L pool closes at 5:45pm
7:00pm-8:00pm	Free Swim 2L Lap Swim 4L	TNAQ Swim Clinic 5L Lap Swim 1L	Free Swim 2L Lap Swim 4L	TNAQ Swim Clinic 5L Lap Swim 2L	Free Swim 2L Lap Swim 4L		
8:00pm-9:00pm	Free Swim 2L Lap Swim 4L	TNAQ Swim Clinic 4L Lap Swim 2L	Free Swim 2L Lap Swim 4L	TNAQ Swim Clinic 4L Lap Swim 2L	Free Swim 2L Lap Swim 4L		

- TNAQ Swim Clinic Tuesdays and Thursdays 7-9pm. No Free swim during Clinic times, but there is lap swim available.
- Times are subject to change so please check pool schedule *monthly* for Lap, Free Swim, Water Aerobics and Swim Lesson times.
- No Free Swim during scheduled Water Aerobics classes, 2 lap lanes are available for lap swim at this time. Please share lap lanes.

WEST SIDE FAMILY Y
 400 N. Winston Rd Knoxville, TN 37909
 P 865 690 9622 W ymca-knoxville.org