



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Downtown Family YMCA Lap Pool Schedule

Effective 11/13/2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5am-6am Lap Swim	5am-12pm Lap Swim	5am-6am Lap Swim	5am-12pm Lap Swim	5am-6am Lap Swim	7am-5:30pm Lap Swim
6am-7am Master's Swim		6am-7am Master's Swim		6am-7am Master's Swim	
7am-12pm Lap Swim		7am-12pm Lap Swim		7am-12pm Lap Swim	
12pm-1pm Master's Swim	12pm-1pm SwimFit Instructor: Steve B.	12pm-1pm Master's Swim	12pm-1pm SwimFit Instructor: Steve B.	12pm-1pm Master's Swim	
3:45-5pm Notre Dame Swim	3:45-5pm Notre Dame Swim	1pm-9pm Lap Swim	3:45-5pm Notre Dame Swim	1pm-8:30pm Lap Swim	Sunday
5pm-9pm Lap Swim	5pm-9pm Lap Swim		5pm-9pm Lap Swim		9am-4:30pm Lap Swim

UP TO THREE (3) lanes will be reserved during Master's AND SwimFit.

THREE (3) lanes closest to Emergency Exit door are reserved for Notre Dame practices

For more information, contact Cassie Singleton at csingleton@ymcachattanooga.org