



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Downtown Family YMCA Lap Pool Schedule

Effective 4/1/2024

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**	
1pm-9pm Lap Swim	1pm-6pm Lap Swim	1pm-9pm Lap Swim	1pm-9pm Lap Swim	1pm-8:30pm Lap Swim	Sunday
	6pm-7pm Master's Swim**				9am-4:30pm Lap Swim
	7pm-9pm Lap Swim				

UP TO FOUR (4) lanes will be reserved during Masters Swim Practices.

**Masters Swim is an additional monthly membership fee

UP TO THREE (3) lanes will be reserved during SwimFit.

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