



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Downtown Family YMCA Teaching Pool Schedule

Effective 5/1/2024

Join Us For Class Today!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am-7am Water Fitness- Deep and Shallow Instructor: Fernando NO OPEN SWIM	6am-9am Open Swim	6am-7am Water Fitness- Deep and Shallow Instructor: Fernando NO OPEN SWIM	6am-9am Open Swim	6am-7am Water Fitness- Deep and Shallow Instructor: Fernando NO OPEN SWIM	8am-10:30 am Open Swim
7am-9am Open Swim		7am-9am Open Swim		7am-9am Open Swim	
9am-10am Water Fit-Shallow Instructor: Lynn NO OPEN SWIM	9am-10am Water Walking- Shallow Instructor: Megan SHALLOW CLOSED	9am-10am Water Fit-Shallow Instructor: Lynn NO OPEN SWIM	9am-10am Water Walking- Shallow Instructor: Jenny SHALLOW CLOSED	9am-10am Water Fit-Shallow Instructor: Lynn NO OPEN SWIM	
10am-11am Water Fitness-Deep Instructor: Suzanne DEEP CLOSED	10am-11am Water Fitness-Deep Instructor: Cindy DEEP CLOSED	10am-11am Water Fitness-Deep Instructor: Suzanne DEEP CLOSED	10am-11am Water Fitness-Deep Instructor: Cindy DEEP CLOSED	10am-11am Water Fitness-Deep Instructor: Joyce/Jenny DEEP CLOSED	10:30am-12:30pm GROUP SWIM LESSONS SHALLOW CLOSED
11am-5pm Open Swim	11am-5pm Open Swim	11am-5pm Open Swim	11am-5pm Open Swim	11am-5pm Open Swim	12:30pm-5:30pm Open Swim
12pm-4pm 2 Lap Lanes Available	12pm-4pm 2 Lap Lanes Available	12pm-4pm 2 Lap Lanes Available	12pm-4pm 2 Lap Lanes Available	12pm-4pm 2 Lap Lanes Available	
5pm-6pm Water Fitness-Deep Instructor: Cindy DEEP CLOSED	5pm-6pm Water Fitness-Deep Instructor: Cindy DEEP CLOSED	5pm-6pm Water Fitness-Deep Instructor: Megan DEEP CLOSED	5pm-6pm Water Fitness-Deep Instructor: Jenny DEEP CLOSED	5pm-6pm Water Fitness – Deep Instructor: Jenny DEEP CLOSED	<b>Sunday</b>
	5:30-6:45pm Group Swim Lessons SHALLOW LIMITED		4:45-6:45pm Group Swim Lessons SHALLOW LIMITED		10am-2pm Open Swim
6pm-7pm Aqua Zumba-Shallow Instructor: Brittany	7pm-9pm Open Swim	6pm-7pm Aqua Zumba-Shallow Instructor: Brittany	7pm-9pm Open Swim	6pm-8:30pm Open Swim	2pm-4:30pm ADAPTIVE SAFETY LESSONS SHALLOW CLOSED
7pm-9pm Open Swim		7pm-9pm Open Swim			

A second lap lane may be opened upon request. However, there will be ONLY ONE Lap Lane available during Water Fitness and Swim Lesson class times.

For more information, contact Cassie Singleton at [csingleton@ymcachattanooga.org](mailto:csingleton@ymcachattanooga.org)