



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Downtown Family YMCA Lap Pool Schedule

Effective 7/20/2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5am-6am Lap Swim	5am-6am Lap Swim	5am-6am Lap Swim	5am-6am Lap Swim	5am-6am Lap Swim	7am-5:30pm Lap Swim
6am-7am Master's Swim**	6am-7am Aqua HIIT Instructor: Sydney	6am-7am Master's Swim**	6am-7am Meditation & Stretch Instructor: Sydney	6am-7am Master's Swim**	
7am-9am Lap Swim	7am-9am Lap Swim	7am-9am Lap Swim	7am-9am Lap Swim	7am-9am Lap Swim	
9am-10am Water Fit Instructor: Lynn	9am-10am Water Walking Instructor: Megan	9am-10am Water Fit Instructor: Lynn	9am-10am Water Walking Instructor: Joyce	9am-10am Water Fit Instructor: Lynn	
10:30am-11:30am Preschool Swim Lessons	10:30am-11:30am Preschool Swim Lessons	10:30am-11am Preschool Swim Lessons	10:30am-11:30am Preschool Swim Lessons	10am-11:30am Preschool Swim Lessons	
10am-11am Water Fit Instructor: Diane	10am-12pm Lap Swim	10am-11am Water Fit Instructor: Diane	10am-12pm Lap Swim	10am-12pm Lap Swim	Sunday
11am-12pm Lap Swim	12pm-1pm Hydro Hustle Instructor: Zac A.	11am-12pm Lap Swim	12pm-1pm Hydro Hustle Instructor: Zac A.	12pm-1pm Master's Swim**	9am-4:30pm Lap Swim
12pm-1pm Master's Swim**	1pm-9pm Lap Swim	12pm-1pm Master's Swim**	1pm-9pm Lap Swim	1pm-8:30pm Lap Swim	
1pm-6pm Lap Swim		1pm-6pm Lap Swim			
6pm-7pm Aqua Zumba Instructor: Brittany		6pm-7pm Aqua Zumba Instructor: Brittany			
7pm-9pm Lap Swim		7pm-9pm Lap Swim			

**Masters Swim is an additional monthly membership fee. UP TO THREE (3) lanes will be reserved during practices.

UP TO THREE (3) lanes will be reserved during Hydro Hustle & Water Fitness Classes.

For more information, contact Cassie McDonald at cmcdonald@ymcachattanooga.org