

Downtown Family YMCA Teaching Pool Schedule

Effective 10/1/2025

Join Us For Class Today!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am-7am	6am-7am	6am-7am	6am-7am	6am-7am	8am-10:30Am
Water Fitness-	Tabata HIIT – Shallow	Water Fitness-	Stretch & Relaxation -	Water Fitness-	Open Swim
Deep and Shallow	Instructor: Sydney	Deep and Shallow	Shallow	Deep and Shallow	
Instructor: Amy	SHALLOW CLOSED	Instructor: Amy	Instructor: Sydney	Instructor: Fernando	
NO OPEN SWIM		NO OPEN SWIM	SHALLOW CLOSED	NO OPEN SWIM	
7am-9am	7am-9am	7am-9am	7am-9am	7am-9am	
Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
9am-10am	9am-10am	9am-10am	9am-10am	9am-10am	1
Water Fit-Shallow	Water Walking-	Water Fit-Shallow	Water Walking-	Water Fit-Shallow	
Instructor: Lynn	Shallow	Instructor: Lynn	Shallow	Instructor: Lynn	
NO OPEN SWIM	Instructor: Megan SHALLOW CLOSED	NO OPEN SWIM	Instructor: Joyce SHALLOW CLOSED	NO OPEN SWIM	
10am-11am	10am-11am	10am-11am	10am-11am	10am-11am	10:30am-12:30pm
Water Fitness-Deep	Water Fitness-Deep	Water Fitness-Deep	Water Fitness-Deep	Water Fitness-Deep	Group Swim
Instructor: Suzanne	Instructor: Cindy	Instructor: Suzanne	Instructor: Cindy	Instructor:	Lessons
DEEP CLOSED	DEEP CLOSED	DEEP CLOSED	DEEP CLOSED	Joyce/Amy	SHALLOW LIMITED
DLLF CLOSED	DLLF CLOSED	DLLF CLOSED	DELF CLOSED	DEEP CLOSED	SHALLOW LIMITED
10:30am-11:30am	10:30am-11:30am	10:30am-11am	10:30am-11:30am	10am-11:30am	
Preschool Lessons	Preschool Lessons	Preschool Lessons	Preschool Lessons	Preschool Lessons	
Prescribor Lessons	Prescribor Lessons	Prescribor Lessons	Freschool Lessons	Prescribor Lessons	
					12:30pm-5:30pm
11am Enm	11am 4:20nm	11am Enm	11am 4.20nm	11am-5pm	Open Swim
11am-5pm Open Swim	11am-4:30pm Open Swim	11am-5pm Open Swim	11am-4:30pm Open Swim	Open Swim	open ou min
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2 Lap Lanes Available	2 Lap Lanes Available	2 Lap Lanes Available	2 Lap Lanes Available	2 Lap Lanes Available	
					Sunday
5pm-5:30pm	1	5pm-5:30pm	1		Guilday
YCAP Swim Lessons		YCAP Swim Lessons			
					10am-4:30pm
5pm-6pm	5pm-6pm	5pm-6pm	5pm-6pm	5pm-6pm	Open Swim
Water Fitness-Deep	Water Fitness-Deep	Water Fitness-Deep	Water Fitness-Deep	Water Fitness – Deep	
Instructor: Cindy	Instructor: Cindy	Instructor: Megan	Instructor: Megan	Instructor: Jenny	
DEEP CLOSED	DEEP CLOSED	DEEP CLOSED	DEEP CLOSED	DEEP CLOSED	
6pm-7pm	5:30pm-6:45pm	4:45pm-6:45pm	6pm-7pm	6pm-8:30pm	
Aqua Zumba-Shallow	Group Swim Lessons	Group Swim Lessons	Aqua Zumba-Shallow	Open Swim	Į.
Instructor: Brittany	SHALLOW LIMITED	SHALLOW LIMITED	Instructor: Brittany	,	
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7pm-9pm	7pm-9pm	7pm-9pm	7pm-9pm		
Open Swim	Open Swim	Open Swim	Open Swim		

There will be ONLY ONE Lap Lane available **during** Water Fitness and Swim Lesson class times.

Second lap lane can be opened upon request.



Downtown Family YMCA Lap Pool Schedule

Effective 10/1/2025

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	
	12 1		12000 4000	42000 4000	Sunday
	12pm-1pm Hydro Hustle Instructor: Zac A.		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-9pm Lap Swim		1pm-9pm Lap Swim			

^{**}Masters Swim is an additional monthly membership fee. UP TO FOUR (4) lanes will be reserved during practices.

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

For more information, contact Rick Dunn at rdunn@ymcachattanooga.org