



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

Downtown Family YMCA Teaching Pool Schedule Effective 10/1/2025

Join Us For Class Today!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6am-7am Water Fitness-Deep and Shallow Instructor: Amy NO OPEN SWIM	6am-7am Tabata HIIT – Shallow Instructor: Sydney SHALLOW CLOSED	6am-7am Water Fitness-Deep and Shallow Instructor: Amy NO OPEN SWIM	6am-7am Stretch & Relaxation - Shallow Instructor: Sydney SHALLOW CLOSED	6am-7am Water Fitness-Deep and Shallow Instructor: Fernando NO OPEN SWIM	8am-10:30Am Open Swim	
7am-9am Open Swim	7am-9am 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: Joyce 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/Amy DEEP CLOSED	10:30am-12:30pm Group Swim Lessons SHALLOW LIMITED	
10:30am-11:30am Preschool Lessons	10:30am-11:30am Preschool Lessons	10:30am-11am Preschool Lessons	10:30am-11:30am Preschool Lessons	10am-11:30am Preschool Lessons		
11am-5pm Open Swim 2 Lap Lanes Available	11am-4:30pm Open Swim 2 Lap Lanes Available	11am-5pm Open Swim 2 Lap Lanes Available	11am-4:30pm Open Swim 2 Lap Lanes Available	11am-5pm Open Swim 2 Lap Lanes Available	12:30pm-5:30pm Open Swim	
5pm-5:30pm YCAP Swim Lessons		5pm-5:30pm YCAP Swim Lessons			Sunday	
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: Megan DEEP CLOSED	10am-4:30pm Open Swim		
6pm-7pm Aqua Zumba-Shallow Instructor: Brittany	5:30pm-6:45pm Group Swim Lessons SHALLOW LIMITED	4:45pm-6:45pm Group Swim Lessons SHALLOW LIMITED	6pm-7pm Aqua Zumba-Shallow Instructor: Brittany			6pm-8:30pm Open Swim
7pm-9pm Open Swim	7pm-9pm Open Swim	7pm-9pm Open Swim	7pm-9pm 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.



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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	
	12pm-1pm Hydro Hustle Instructor: Zac A.		12pm-1pm Hydro Hustle Instructor: Zac A.	12pm-1pm Master's 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