

CLEVELAND FAMILY YMCA 2026 INDOOR POOL SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00							
5:30							
6:00							
6:30							
7:00							
7:30							
8:00		Hydro HIIT 8am - 8:45am (2 lanes)	Range of Motion 8:15am - 9am (2 lanes)	Hydro HIIT 8am - 8:45am (2 lanes)	Range of Motion 8:15am - 9am (2 lanes)	Aqua Zumba 8am - 9am (2 lanes)	Open Swim 8am - 9am (1-3 lanes)
8:30							
9:00		Water Fit 9am - 10am (2 lanes)	Hydro Fit 9am - 10am (2 lanes)	Water Fit 9am - 10am (2 lanes)	Hydro Fit 9am - 10am (2 lanes)	Water Fit 9am - 10am (2 lanes)	Aqua Zumba 9am - 10am (2 lanes)
9:30							
10:00		Poolattes 10am - 11am (2 lanes)	Hydro HIIT 10am - 10:45am (2 lanes)	Poolattes 10am-11am (2 lanes)	Hydro HIIT 10am - 10:45am (2 lanes)	Poolattes 10am - 11am (2 lanes)	
10:30							
11:00		Range of Motion 11am - 11:45am (2 lanes)	Water Fit 11am - 12pm (3 lanes)	Range of Motion 11am - 11:45am (2 lanes)	Water Fit 11am - 12pm (3 lanes)	Range of Motion 11am - 11:45am (2 lanes)	
11:30							
12:00							
12:30		Lap Swim 12pm - 2pm (6 lanes)	Lap Swim 12pm - 2pm (6 lanes)	Lap Swim 12pm - 2pm (6 lanes)	Lap Swim 12pm - 2pm (6 lanes)	Lap Swim 12pm - 2pm (6 lanes)	
1:00	Open Swim 1pm - 4:30pm (1-3 lanes)						Open Swim 10am - 5:30pm (1-3 lanes)
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30		Open Swim 2pm - 9pm (1-3 lanes)	Hydro Fit 5:30pm - 6:30pm (3 lanes)	Hydro Fit 5:30pm - 6:30pm (3 lanes)	Hydro Fit 5:30pm - 6:30pm (3 lanes)	Open Swim 2pm - 9pm (1-3 lanes)	
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
		Swim Lessons Mon & Tues @ 4:00pm-7:30pm **may affect open lanes**		Swim Lessons 12:30pm - 12:30pm *may affect open lanes*		Swim Lessons 10:30am-1pm *may affect open lanes*	

Updated: 02/01/26

WATER FITNESS CLASS DESCRIPTIONS

AQUA ZUMBA: A low to moderate impact class where participants get moving to upbeat music. The natural resistance created by water lowers joint impact but keeps the workout challenging enough to improve fitness.

HYDRO FIT: This deep-water class of moderate to high intensity is designed to increase flexibility and strengthen, lengthen, and tone muscles with lots of high energy added. This no-impact, cardio workout increases cardiovascular function and overall endurance. Flotation belts are provided for safety and comfort.

HYDRO HIIT: High Intensity Interval Training in the deep end provides amazing benefits, including more calories burned in less time, fat loss, and a boosted metabolic rate! This 45-minute session can provide as much of a workout as you want, with no harsh impact on your joints.

POOLATTES: This class creatively adapts Pilates exercises for the pool. Elongate the entire body with unique conditioning exercises. Build a stronger core by moving from the inside out. Develop strength and flexibility with fluidity and grace. Improve posture and body awareness. Learn how to move the body as an integrated whole. This class is designed for all fitness levels.

WATER FIT: This class is designed to give participants a variety of water exercises in the shallow end. Increase cardiorespiratory function, muscle strength, and overall endurance. Walking, jumping, running, and other aerobic movements along with a variety of water equipment are used to increase heart rate and provide a strength training workout.

RANGE OF MOTION: Individuals with arthritis are provided a safe exercise program through this class! This class is appropriate for those who have less cardiorespiratory endurance, have mild to severe joint limitations, or are in rehabilitation after injuries. Benefits include decreased joint pain and stiffness by improving joint flexibility, muscle strength, balance, and coordination. Water shoes are recommended. No swimming skills are required.

ADITIONAL INFORMATION:

LAP SWIM: Ideal for swimmers utilizing the length of the pool to focus on exercise, training, and technique. We offer specific lap times in the morning and afternoon. Throughout the day, we aim to have at least two lanes available for lap swimming. More lanes may be added at the discretion of the Aquatics Director.

OPEN SWIM: Recreational swim time where individuals may swim freely, play or engage in other activities in the water, rather than just focusing on laps. Fun for all!

**Physical Therapy may occur during lap swim or open swim and will utilize the shallow end nearest the stairs.*

**Swim Lessons will utilize the furthest lane.*



CLEVELAND FAMILY YMCA
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FOR MORE INFORMATION,
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