



# AQUATICS SCHEDULE update 5/26/2026

## CURRENT 2026 SUMMER POOL HOURS

MONDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:50-8:20AM	Lap Lane Swim					
8:30-9:15 AM	Aquacise & Deep End Swim					
9:30-10:00 AM	Lap Lane Swim		Rec Swim			
10:00-11:15 AM	YMCA Programming					
11:15-12:00 PM	Lap Lane Swim		Rec Swim			
12:00-1:00 PM	Lap Lane Swim		YMCA Programming			
1:00-2:00 PM	Lap Lane Swim		YMCA Programming			
2:00-3:00 PM	Lap Lane Swim		YMCA Programming			
3:00-4:00 PM	YMCA Programming		Rec Swim			
4:00-4:30 PM	Lap Lane Swim		YMCA Programming			
4:30-6:00 PM	Lap Lane Swim		YMCA Programming			
6:00-7:00 PM	Lap Lane Swim		Rec Swim			
7:00-8:00 PM	Lap Lane Swim		Rec Swim			

  

TUESDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:50-8:30 AM	Lap Lane Swim					
8:30-9:15 AM	Aquacise & Deep End Swim					
9:30-10:00 AM	Lap Lane Swim		YMCA Programming			
10:00-11:00 AM	YMCA Programming					
11:00-12:00 PM	YMCA Programming					
12:00-1:00 PM	Lap Lane Swim		Rec Swim			
1:00-1:45 PM	Lap Lane Swim		Aquacise			
1:45-3:00 PM	Lap Lane Swim		Rec Swim			
3:00-4:00 PM	Lap Lane Swim		Rec Swim			
4:00-6:00 PM	Lap Lane Swim		YMCA Programming			
6:00-7:00 PM	Lap Lane Swim		Aqua Wipeout			
7:00-8:00 PM	Lap Lane Swim		Rec Swim			

  

WEDNESDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:50-8:30 AM	Lap Lane Swim					
8:30-9:15 AM	Aquacise & Deep End Swim					
9:15-10:00 AM	Aqua Stretch & Deep End Swim					
11:15-12:00 PM	Lap Lane Swim		Rec Swim			
12:00-1:00 PM	Lap Lane Swim		YMCA Programming			
1:00-2:00 PM	Lap Lane Swim		YMCA Programming			
2:00-3:00 PM	Lap Lane Swim		YMCA Programming			
3:00-4:00 PM	Lap Lane Swim		Rec Swim			
4:00-4:30 PM	Lap Lane Swim		Rec Swim			
4:30-6:00 PM	Lap Lane Swim		YMCA Programming			
6:00-8:00 PM	Lap Lane Swim		Rec Swim			

  

THURSDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:50-8:20AM	Lap Lane Swim					
8:30-9:15 AM	Aquacise & Deep End Swim					
9:30-10:00 AM	Lap Lane Swim		YMCA Programming			
10:00-11:15 AM	YMCA Programming					
11:15-12:00 PM	Lap Lane Swim		Rec Swim			
12:00-1:00 PM	Lap Lane Swim		Rec Swim			
1:00-2:00 PM	Lap Lane Swim		Aquacise			
2:00-3:00 PM	Lap Lane Swim		Rec Swim			
3:00-4:00 PM	YMCA Programming		Rec Swim			
4:00-4:30 PM	Lap Lane Swim		YMCA Programming			
4:30-6:00 PM	Lap Lane Swim		YMCA Programming			
6:00-7:00 PM	Lap Lane Swim		Aqua Wipeout			
7:00-8:00 PM	Lap Lane Swim		Rec Swim			

  

FRIDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:50-8:30 AM	Lap Lane Swim					
8:30-9:15 AM	Aquacise & Deep End Swim					
9:15-10:00 AM	Lap Lane Swim		Rec Swim			
10:00-11:00 AM	Lap Lane Swim		Rec Swim			
11:00-12:00 PM	Lap Lane Swim		Rec Swim			
12:00-8:00 PM	Lap Lane Swim		Rec Swim			

  

SATURDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
8:00- 8:30 AM	Lap Lane Swim		Rec Swim			
8:30-9:15 AM	Lap Lane Swim		Aquacise & Deep End Swim			
9:15 AM - 4:00 PM	Lap Lane Swim		Rec Swim			

  

SUNDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
1:00-4:00 PM	CLOSED		CLOSED			

Youth Group Swim Lessons: Tuesdays and Thursdays 4:30pm to 6:15pm  
 Summer Swim League Meets - Pool Closure at 5:00PM: June 16 & 23, July 7, 14, 21

**SCHEDULED SWIM MEETS are listed above.**

Closed
Recreational Swim
Lap Lane Swim
Summer Camp Kids Swim
Aqua classes/Deep End Swimming only
YMCA programming only
Athens-McMinn Family YMCA   423.745.4904

### AQUATICS AGE GUIDELINES

Children **0-5 years old** must have a parent/guardian in the water.

Children **6-10 years old** must have a parent/guardian in the pool area.  
**\*\*NO Lifejackets (any age) in the Deep End\*\***

Children **11 years old** who pass the swim test may use the pool if a parent/guardian is physically at the YMCA. 12 year old facility age policy applies to member kids.