



# POOL SCHEDULE

**ATHENS – MCMINN FAMILY YMCA**

**April 2021**

The pool schedule can be found in our free app under **Additional Schedules** or online under **Programs > Aquatics**. The pool is utilized for Y programming only on weekdays from 4–6pm. The time of 5–6pm can vary, so take a look! Ask us about group swim lessons or private lessons!

Swim Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LAP SWIM 5:50am–7:50am 6 lanes	LAP SWIM 5:50am–7:50am 6 lanes	LAP SWIM 5:50am–7:50am 6 lanes	LAP SWIM 5:50am–7:50am 6 lanes	LAP SWIM 5:50am–7:50am 6 lanes	LAP & REC SWIM 8am–4pm 6 lanes	LAP & REC SWIM 1pm – 4pm 6 lanes
LAP & REC SWIM 10:00am–4:00pm 6 lanes	LAP & REC SWIM 9:00am–4:00pm 6 lanes	LAP & REC SWIM 10:00am–4:00pm 6 lanes	LAP & REC SWIM 10:00am–4:00pm 6 lanes	LAP & REC SWIM 10:00am–4:00pm 6 lanes		
LAP SWIM 5:00 pm – 6:00pm 2 lanes	No lanes available 4–6pm	No lanes available 4–6pm	LAP SWIM 6–8pm	LAP SWIM 5:00 pm – 6:00pm 2 lanes		
LAP & REC SWIM 6:00pm – 8:00pm 6 lanes	LAP & REC SWIM 6:15pm – 8:00pm 6 lanes	LAP & REC SWIM 6:00pm – 8:00pm 6 lanes	REC SWIM 7:00–8:00pm 6 lanes	LAP & REC SWIM 6:00pm – 8:00pm 6 lanes		

Water Exercise Classes						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	SUNDAY
8:00am–9:00am Aquacise	8:00am–9:00am Aquacise	8:00am–9:00am Aquacise	8:00am–9:00am Aquacise	8:00am–9:00am Aquacise		
9:00am–10:00am Aquacise		9:00am–10:00am Aquacise	6:15–7:00pm Water HIIT	9:00am–10:00am Water HIIT		

**Rec Swim:** Swimmers will use the deep and shallow end to free swim.

**Lap Swim:** Swimmers will use a full lane, shallow to deep, to exercise.

Additions and changes to the schedule may occur at any given time. We will do our best to notify members of changes via social media, our free app, and YMCA website.

**Athens-McMinn Family YMCA**

**205 Knoxville Avenue Athens, TN 37303**

P 423.745.4904 F 423.649.0333 W [www.athensmcminnymca.org](http://www.athensmcminnymca.org)

**Effective: April 3, 2021**



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## SAFE POOLS HAVE RULES!

### Athens - McMinn Family YMCA Pool Rules

1. Swimming without a lifeguard present is prohibited.
2. Breath-holding activities are not permitted in Y pools.
3. Shower before entering the pool.
4. Persons with bandages, open cuts and wounds are not allowed in the pool.
5. Running on the pool deck, in the hallway, or the locker rooms is not permitted.
6. Children 12 years and under must take a swim test before they enter the water.
7. Street or gym clothes are not permitted in the pool at any time.
8. Y equipment is used for instructional use only.
9. Enter the water facing forward and feet first.
10. Hanging on the lane lines, ladders, and deep ropes is not permitted.
11. Horse play of any kind is not tolerated.
12. The lifeguard's word is final.
13. In case of emergency or drill clear the water immediately.

### Swim Test Policy

The Athens-McMinn Family YMCA is committed keeping our community safe in and around water. The swim test, a proven drowning prevention technique, is given to children 12 years or younger to determine swimming ability.

- **Green Band:** Swims 25 yards with face in the water without touching the bottom or walls/lanes of the pool. Jumps into deep water independently to tread water for a minimum of 30 second and returns to the nearest side of the pool with no signs of exhaustion.
- **Red Bands:** Those who cannot successfully complete the above components and those who refuse or are unable to take the swim test.

### Rules for Minors

- All children 12 years and younger must take the swim test, including after school groups, camps, birthday parties and other pool rentals.
- Children under the age of 7 must be accompanied by an adult in the water within arms reach. If they are able to pass a swim test and adult must be present in the pool area.

### Additional Information

#### Athens-McMinn Family YMCA

205 Knoxville Avenue Athens, TN 37303 | 423-745-4904 | [athensmcminnymca.org](http://athensmcminnymca.org)