



ATHENS-MCMINN FAMILY YMCA

POOL SCHEDULE

Last modified 03/09/2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:50 am Lap Swim (6)	5:50 am Lap Swim (6)	5:50 am Lap Swim (6)	5:50 am Lap Swim (6)	5:50 am Lap Swim (6)	
7 am – 7:50 am Lap Swim (6)	7 am Lap Swim (6)	7 am Lap Swim (6)	7 am Lap Swim (6)	7 am Lap Swim (6)	
8 am Aqua'bata Deep End Open	8 am Aquacise Deep End Open	8 am Aqua'bata Deep End Open	8 am Aquacize Deep End Open	8 am Aqua'bata Deep End Open	
9 am Water Fitness Class Deep End Open	9 am Closed	9 am Water Fitness Class Deep End Open	9 am Closed	9 am Water Fitness Class Deep End Open	
10 am Closed	10 am Closed	10 am Closed	10 am Closed	10 am Closed	10am Open Swim
11 am Closed	11 am Closed	11 am Closed	11 am Closed	11 am Closed	11 am Open Swim Rentals
12:00pm Lap Swim (6)	12:00pm Lap Swim (6)	12:00pm Lap Swim (6)	12:00pm Lap Swim (6)	12:00pm Lap Swim (6)	
1pm Closed	1pm Closed	1pm Closed	1pm Closed	1pm Closed	12 pm Open Swim Rentals
2pm Open Swim Lap Swim (3)	2pm Open Swim Lap Swim (3)	2pm Open Swim Lap Swim (3)	2pm Open Swim Lap Swim (3)	2pm Open Swim Lap Swim (3)	1 pm Open Swim Rentals
3pm Open Swim Lap Swim (3)	3pm Open Swim Lap Swim (3)	3pm Open Swim Lap Swim (3)	3pm Open Swim Lap Swim (3)	3pm Open Swim Lap Swim (3)	2 pm Open Swim Rentals
4pm Swim Practice Only	4pm Swim Practice Only	4pm Swim Practice Only	4pm Swim Practice Only	4pm Swim Practice Only	3 pm Open Swim Rentals
5pm Swim Practice (3) Open Swim (2) Lap Swim (1)	5pm Swim Practice(3) Lap Swim (1) Open Swim (2)	5pm Swim Practice(3) Open Swim (2) Lap Swim (1)	5pm Swim Practice(3) Open Swim (2) Lap Swim (1)	5pm Swim Practice(3) Open Swim (2) Lap Swim (1)	4 pm Pool Closed
5:30pm Swim Lessons(3) Open/Lap Swim(3)	5:30pm Swim Lessons(3) Open/Lap Swim (3)	5:30pm Open/Lap Swim(6)	5:30 pm Swim Lessons(3) Open/Lap Swim (3)	5:30pm Open/Lap Swim Rentals	
6pm Swim Practice (3) Open Swim(2) Lap Swim (1)	6 pm Water Fitness Class(3) Youth Swim Lessons (3) Deep End Open	6pm Open Swim Lap Swim (1)	6pm Water Fitness Class(3) Youth Swim Lessons (3) Deep End Open	6:30pm Open Swim Lap Swim Rentals	
6:30pm Open Swim Lap Swim (3)	6:15pm Water Fitness Class(3) Lap Swim (3)	6:30pm Open Swim Lap Swim (3)	6:15pm Water Fitness Class(3) Lap Swim (3)	7pm Open Swim Lap Swim (1) Rentals	
7pm Open Swim Lap Swim (3)	7pm Open Swim Lap Swim (3)	7pm Open Swim Lap Swim (3)	7pm Open Swim Lap Swim (3)	8pm-8:45pm Open Swim Lap Swim (1) Rentals	
8pm-8:45pm Open Swim	8pm-8:45pm Open Swim Lap Swim (3)	8pm-8:45pm Open Swim Lap Swim (3)	8pm-8:45pm Open Swim Lap Swim (3)		SUNDAY
					1 pm – 4 pm Open Swim Rentals



CLASS DESCRIPTIONS

AQUA BATA

This class is designed to give participants timed intervals of aquatic exercises using water bouys for resistance. Students wanting a more challenging workout can do modify the workout in deep water. No swimming experience required.

AQUACISE

This class is timed intervals of aquatic exercise using resistance bands and/or light dumbbells. No swimming experience required.

LAP SWIM

Join us in swimming laps or water walking. See the pool schedule for times. Please note that the parentheses () next to Lap Swim times denote the number of lap lanes reserved. During open swim times, depending on bather load we will put another lane line down if space allows.

OPEN SWIM

Open to members for laps or play. We invite you to come in, swim and have fun!

RENTALS

Looking for a place to host a pool party? We rent a section of our pool every Friday 6pm-8pm, Saturday 10am-12pm and 1-3pm. When the pool has not been reserved for a party, we do have more open swim availability. For rental information, stop by the Front Desk.

SWIM LESSONS

Our YMCA swim program is committed to meeting the needs of each child whether they are just learning to swim or learning advanced water skills. Our program is designed to teach swimming skills, water safety, fitness, and games. Participants will also learn about personal growth, stroke development, rescue skills, and diving fundamentals. Participants must register at the front desk.

SWIM PRACTICE

Our YMCA is home to the competitive swim team The Athens Sea Dragons. Swimmers ages 3-18 practice every weekday and swim during swim meets monthly. Our aquatics center is also home to Athens City Middle School Swim Team, McMinn Central High School, McMinn County High School, Meigs Middle School and Meigs County High School Club Swim Teams.

WATER FITNESS CLASS

This class is designed to give participants the experience of a variety of water exercises. The class will increase cardiorespiratory function, muscle strength and overall endurance. Classes may be taught in deep or shallow water, but no swimming skills are requires. Water belts are used when in the deep water.

For questions, comments or suggestions about aquatics, contact McKenzie Irons at mckenzie@athensmcminnymca.org.