



# ATHENS-MCMINN FAMILY YMCA

## POOL SCHEDULE

Last modified 1/31/2018

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

### 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 required. Water belts are used when in the deep water.

For questions, comments or suggestions about aquatics, contact McKenzie Irons at [mckenzie@athensmcminnymca.org](mailto:mckenzie@athensmcminnymca.org).