AQUATICS SCHEDULE update 5/21/2026

SUMMER POOL HOURS: JUNE & JULY

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		

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		

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		
4:30-6:00 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		

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		

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		

SATURDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
8:00 AM - 4:00 PM	Lap Lane Swim			Rec Swim & **Aquacise at 8:30am**		

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

Youth Group Swim Lessons: Mondays through Thursdays

Summer Swim League Meets - Pool Closure at 4:30PM: June 16 & 23, July 7, 14, 21

SCHEDULED SWIM MEETS will return in the summertime.

- 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.