



# Aquatic Schedule updated 9/30/25

**CURRENT 2025 HOURS** starting 9/29/25 - until 1/31/26

MONDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:50-8:20 AM	Lap Lane Swim					
8:30-9:30 AM	Aquacise & Deep End Swim					
9:30-10:00 AM	Lap Lane Swim			Rec Swim		
10:00-11:00 AM	CLOSED					
11:00-12:00 PM						
12:00-1:00 PM	Lap Lane Swim			Rec Swim		
1:00-1:45 PM				Rec Swim		
1:45-4:00 PM				Rec Swim		
4:00-5:00 PM				YMCA Programming Only		
5:00-5:30 PM	YMCA Programming Only				Lap Swim	
5:30-6:00 PM	Lap Lane Swim			Rec Swim		
6:00-8:00 PM						

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

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

SATURDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
8:00 AM-4:00 PM	Lap Lane Swim			Rec Swim		

SUNDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
1:00 PM-4:00 PM	Lap Lane Swim			Rec Swim		

Youth Group Swim Lessons: Tuesdays and Thursdays 5:00pm to 6:15pm

High School/Middle School Swim Team Meets: TBD

**SCHEDULED SWIM MEETS (Pool Closes at 4:00 PM):** November 3rd, November 17th, December 8th, January 12th

	Closed
	Recreational Swim
	Lap Lane Swim
	Summer Camp Kids Swim
	Aquacise/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.