



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEST SIDE FAMILY YMCA

INDOOR POOL SCHEDULE: NOVEMBER

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lap Swim	5 – 8:30am (lap swim only) 8:30 -12pm 12 – 1pm (lap swim only) 1 - 8:30pm	5 – 8:30am (lap swim only) 8:30am-12pm 12 – 1pm (lap swim only) 1 – 6:15pm	5 – 8:30am (lap swim only) 8:30-12pm 12 – 1pm (lap swim only) 1 - 8:30pm	5 – 8:30am (lap swim only) 8:30-12pm 12 – 1pm (lap swim only) 1 – 6:15pm	5 – 8:30am (lap swim only) 8:30 -12pm 12 – 1pm (lap swim only) 1 – 6:15pm	5 – 8:30am (lap swim only) 8:30 -12pm 12 – 1pm (lap swim only) 1 – 6:15pm	7 – 8am (lap swim only) 8 - 5:30pm	1-5:30pm
Open/Family Swim	9:30 - 12pm 2 - 8:30pm	9:30 - 12pm 2 – 6:15pm	9:30 -12pm 2 - 8:30pm	9:30 - 12pm 2 – 6:15pm	9:30 - 12pm 2 – 6:15pm	1 – 5:30pm	1-5:30pm	
Aqua Aerobics	8:30-9:30am		8:30-9:30am		8:30-9:30am			
Homeschool PE		10am-12pm		10am-12pm				
Aqua Hour	1-2pm	8:30-9:30am 1-2pm	1-2pm	8:30-9:30am 1-2pm	1-2pm			
Swim Lessons	1 - 4:30pm 4:30 - 6:30pm (group lessons) 6:30 - 8:30pm	1 - 4:30pm 4:30 - 6:30pm (group lessons) 6:30 - 8:30pm	1 - 4:30pm 4:30 - 6:30pm (group lessons) 6:30 - 8:30pm	1 - 8:30pm	1-6:15PM	8 – 1pm (group lessons) 12:30 -5:30pm	1-5:30pm	
TNAQ Clinic		6:15-8:30pm		6:15-8:30pm				
Chota Group					6:15-8:30pm			

PLEASE PRACTICE SOCIAL DISTANCING BY KEEP 6 FEET APART IN AND OUT OF THE POOL

Per Knox County Health Department guidelines, the Outdoor Pool will be open for lap swim, family/open swim (with physical distancing of 6 feet between household family groups)

- Please share lap lanes. No more than two people per lap lane, starting and stopping on opposite ends of the lane.
- Please practice social distancing in the pool as well as on the deck.
- Please see our online schedule for lanes usage for each activity as well as activity descriptions.
- **This schedule is subject to change & pool space adjusted based off volume.**
- Lined equipment at this time. Members and Guests are encouraged to bring their own swim equipment.
- No Open/Free Swim during scheduled Water Aerobics classes, Aqua Hour or Lap Swim only times.
- **The Indoor Pool will CLOSE at 6:15pm on Tuesdays, Thursdays and Fridays.**
- TNAQ Swim Clinic will start Nov. 3rd - Dec. 17th on Tuesdays & Thursdays at 6:15pm-8:30pm.
- **Holiday Hours:** Wednesday, Nov. 25th the building is open 5am-6pm & pool 5am-5:30pm. Thursday, Nov. 26th **CLOSED** & Friday, Nov. 27th regular hours.

West Side Family YMCA

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