



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WEST SIDE FAMILY YMCA

## INDOOR POOL SCHEDULE: OCTOBER

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Lap Swim</b>	5 – 8:30am (lap swim only)  8:30am -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)  8:30am-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)  8:30am-12pm  12 – 1pm (lap swim only)  1 – 8:30pm	5 – 8:30am (lap swim only)  8:30am -12pm  12 – 1pm (lap swim only)  1 – 8:30pm	7 – 8am (lap swim only)  8am-1pm (one lap lane)  1 - 5:30pm	1-5:30pm
<b>Open/Family Swim</b>	9:30am - 12pm  2pm - 8:30pm	9:30am - 12pm  2pm – 6:15pm	9:30am -12pm  2pm - 8:30pm	9:30am - 12pm  2pm – 6:15pm	9:30am - 12pm  2pm – 8:30pm	1 – 5:30pm	1-5:30pm	
<b>Aqua Aerobics</b>	8:30-9:30am	8:30-9:30am  1-2PM	8:30-9:30am  1-2PM		8:30-9:30am			
<b>Aqua Hour</b>	1-2pm			8:30-9:30am  1-2pm	1-2pm			
<b>Homeschool PE</b>		11am-12pm		11am-12pm				
<b>TNAQ Clinic</b>		6:15-8:30pm		6:15-8:30pm				
<b>Swim Lessons</b>	5am – 8:30pm	5am – 8:30pm	5am – 8:30pm	5am - 8:30pm	5am-8:30pm	7am – 5:30pm	1-5:30pm	

### 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. If lap lanes are full or unable to be shared, **30-minute workout time will be enforced.**
- Please practice social distancing in the pool as well as on the deck.
- Please see our online schedule for lane usage for each activity as well as activity descriptions.
- **This schedule is subject to change & pool space adjusted based on volume.**
- Lined equipment at this time. Members and Guests are encouraged to bring their swim equipment.
- **Monday/Wednesday/Friday 8:30-9:30AM & Saturdays 8AM-1PM: one lap lane available during this time starting October 1<sup>st</sup>.**
- **New Aqua Hour: Thursdays at 8:30-9:30AM in place of Water Aerobics starting October 7<sup>th</sup>.**
- **NO Open/Free Swim during scheduled Water Aerobics classes, Aqua Hour, TNAQ Swim Clinic or Lap Swim only times.**
- **TNAQ Swim Clinic: Aug. 31<sup>st</sup> – Oct. 28<sup>th</sup> on Tuesdays & Thursdays 6:15-8:30PM.**
- October Group Lessons: Sept. 27<sup>th</sup> – Oct. 30<sup>th</sup>. 3-week November session registration: Oct. 12<sup>th</sup> for Members & Oct. 15<sup>th</sup> for Non-Member.
- Fall Break October 9<sup>th</sup>-15<sup>th</sup>. NO Group Swim Lessons or Swim Clinic.
  - Saturday, Oct. 9<sup>th</sup> Lap Swim 7AM-1PM, October 11<sup>th</sup>-15<sup>th</sup> Free Swim & Lap Swim 2:30PM-8:30PM.

#### West Side Family YMCA

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