

POOL HOURS

DAY	OPEN	CLOSE
MONDAY	6:00 a.m.	8:30 p.m.
TUESDAY	6:00 a.m.	8:30 p.m.
WEDNESDAY	7:00 a.m.	8:30 p.m.
THURSDAY	6:00 a.m.	8:30 p.m.
FRIDAY	7:00 a.m.	6:30 p.m.
SATURDAY	8:30 a.m. CLOSED 10:00-11:30	4:30 p.m.
SUNDAY	1:30 p.m.	4:30 p.m.

For the safety of all swimmers:

Children who are not potty-trained must wear a swim diaper to enter the pool.

Children are not allowed, for any reason, in the men's and women's locker rooms. Bathrooms are located in the hallway thru the main pool door.

Running is not allowed in the pool area. Please walk at all times.

Proper swim attire is required.

Diving is not allowed in water less than 8 feet deep. Please obey all marked areas.

Patrons must share lanes and pool space as needed to accommodate as many swimmers as possible.

Persons having or suspected to have any communicable disease such as skin, eye, ear, intestinal, or respiratory infection should not enter the pool.

The pool area closes in the event of thunder and/or lightning and remains closed for 30 minutes after the last sound or strike.

SWIM LESSONS



Parent/Tot Class

6—36 months

This 30 minute class is for children and their parents. The primary objective is for both the parent and the child to become comfortable in the water and to have fun. The child will become aware of the differences

between movement through water and on dry land, while the parent will learn how to teach his or her child to be safer in and around the water. This class is not intended for the children to learn to swim but rather to become comfortable in the water.



Preschool Class

3—5 years

All preschool classes are 30 minutes and are limited to 6 students per instructor. The **Pike, Eel, Ray, & Starfish** progressive classes teach

a variety of skills including water entry, water adjustment, proper kicking techniques, arm movements, building endurance, treading water, and more. Children learn in a class environment that teaches the core values of caring, honesty, respect, and responsibility.



Youth Class

6—13 years

All youth classes are 45 minutes and are limited to 8 students per instructor. The **Polliwog, Guppy, Minnow and Fish** progressive classes teach children the skills they need to be confident and comfortable in

the water. Various swimming and safety skills are taught at each level, and students learn to improve their endurance and stroke techniques.

Mission :To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



Greene County YMCA Aquatics Schedule



Greene County YMCA
404 Y Street
Greeneville, TN 37745
423-639-6107
www.greencounty-ymca.org

Pool Schedule

WATER FITNESS SCHEDULE

DAY	TIME	CLASS
MONDAY	8:00 a.m. 8:30 a.m. 5:30 p.m.	Aqua Yoga Water Fit Split Fit
TUESDAY	9:00 a.m. 5:15 p.m.	20/20/20 Water Fit
WEDNESDAY	8:00 a.m. 8:30 a.m.	Aqua Yoga Water Fit
THURSDAY	9:00 a.m. 5:15 p.m.	20/20/20 Water Fit
FRIDAY	8:30 a.m. 9:30 a.m.	Deep Water Aqua Zumba
SATURDAY	8:45 a.m.	Water Fit

20/20/20- Total body workout with twenty minutes of cardio, twenty minutes of arm and leg toning and twenty minutes of core work. Done in shallow water. (1 hour)

Aqua Yoga- Shallow water yoga focusing on strength and balance.(30 minutes)

Split Fit- This is an advanced water fitness class. The class will be a split between shallow and deep water and will involve the use of water weights. (45 minutes)

Water Fitness- Mid to high intensity aerobics done through a combination of deep and shallow water exercise. (45 minutes)

Aqua Zumba- Come dance with us! Inspired by Latin music, this class will make you sweat!(45 minutes)



AFYAP SCHEDULE

DAY	TIME
MONDAY	11:00 a.m. 12:30 p.m. 5:30 p.m.
TUESDAY	11:30 a.m.
WEDNESDAY	11:00 a.m. 12:30 p.m. 5:30 p.m.
THURSDAY	11:30 a.m.
FRIDAY	11:00 a.m. 12:30 p.m. 5:30 p.m.
SATURDAY	11:30 a.m.

AFYAP- This 45 minute arthritis program is designed for joint movement and mobility. Please see Member Service Desk for the application. (45 minutes)

SWIM LESSONS

(1 lap lane available)

DAY	TIME
TUESDAY	4:00-6:15 p.m.
THURSDAY	4:00-6:15 p.m.

Swim Lessons- Instructional time for children. For more information please see Member Service Desk or visit our website.

PARENT/TOT SWIM

DAY	TIME
MONDAY- FRIDAY	10:00-11:00 a.m.

Parent/Tot Swim- Come enjoy one on one time with your child. This non-instructional class gives children play time in the pool.

OPEN SWIM

DAY	TIME
MONDAY	1:30-3:30 p.m. 6:30-8:30 p.m.
TUESDAY	1:30-4:00 p.m. 6:30-8:30 p.m.
WEDNESDAY	6:30-8:30 p.m.
THURSDAY	1:30-4:00 p.m. 6:30-8:30 p.m.
FRIDAY	1:30-3:30 p.m.
SATURDAY	1:30-4:30 p.m.
SUNDAY (Families Only)	1:30-4:30 p.m.

Open Swim- Come enjoy play time in the pool, everyone is welcome.

SWIM TEAM

(1 lap lane available)

DAY	TIME
MONDAY	3:30-5:30 p.m.
TUESDAY	6:15-7:30 p.m.
WEDNESDAY	1:15-3:15 p.m. 3:30-5:30 p.m.
THURSDAY	6:15-7:30 p.m.
FRIDAY	3:30-5:30 p.m.

Lap Swim

Available every day the pool is open.

*There will be occasional times in which we will need to close the lap lanes. Prior notification will be given in these events.