

POOL HOURS

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

SAFETY IS OUR #1:

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.

GREENE COUNTY YMCA
404 Y Street
Greeneville, TN 37745
423-639-6107
www.greenecounty-ymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL FUN FOR ALL AGES

AQUATICS SCHEDULE GREENE COUNTY YMCA Winter 2018



Pool Schedule

WATER FITNESS

DAY	TIME	CLASS
MONDAY	8:00 a.m.	Aqua Stretch
	8:30 a.m.	Water Fit
	5:30 p.m.	Aqua Zumba
TUESDAY	8:30 a.m. 5:30 p.m.	20/20/20 Water Fit
WEDNESDAY	8:00 a.m. 8:30 a.m.	Aqua Stretch Water Fit
THURSDAY	8:30 a.m. 5:30 p.m.	20/20/20 Water Fit
FRIDAY	8:30 a.m.	Aqua Dance
SATURDAY	8:45 a.m.	High Intensity

Aqua Stretch- Shallow water stretching with focus on strength and balance. (30 minutes)

Water Fit- Mid to high intensity aerobics done through a combination of deep and shallow water exercise. (1 hour)

Aqua Zumba/ Dance- A pool party you don't want to miss! A low-impact, high-energy shallow water class for all fitness levels. (45 minutes)

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)

High Intensity- This advanced water fitness will be split between shallow and deep water and will involve the use of water weights. (1 hour)

ARTHRITIS FOUNDATION

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

Arthritis Class- This 45 minute arthritis program is designed for joint movement and mobility. Please see

PARENT/TOT SWIM

DAY	TIME
Monday thru Friday	9:30 -11:00 a.m.

Parent/Tot Swim- Come enjoy one on one time with your child. This non-instructional class gives

SWIM LESSONS

DAY	TIME
Tuesday and Thursday	9:45 - 10:30 a.m.
	5:00 - 6:30 p.m.

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



OPEN SWIM

DAY	TIME
MONDAY	12:30 - 4:30 p.m.
	6:30 - 8:30 p.m.
TUESDAY	12:30 - 4:30 p.m. 6:30 - 8:30 p.m.
WEDNESDAY	12:30 - 8:30 p.m.
THURSDAY	12:30 - 4:30 p.m. 6:30 - 8:30 p.m.
FRIDAY	12:30 - 6:30 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,

Lap Swim Available All Day

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

SWIM TEAM ** 1 Lap Lane Available

DAY	TIME
MONDAY	5:00 p.m. - 6:30 p.m.
WEDNESDAY	4:00 p.m. - 6:30 p.m.
THURSDAY	4:00 p.m. - 5:00 p.m.
FRIDAY	5:00 p.m. - 6:30 p.m.

Swim Team- This program is for beginner, intermediate or advanced swimmers, who are looking for a competitive or non - competitive environment.