



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

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

Social Distancing practices are being observed and enforced.

Please be considerate of other peoples space and time.

POOL FUN FOR ALL AGES

AQUATICS SCHEDULE GREENE COUNTY YMCA Summer 2020



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



Pool Schedule

WATER FITNESS

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

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

ARTHRITIS FOUNDATION

**Currently not meeting
due to COVID-19**

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 the Member Service Desk for application.

WATER FITNESS



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.	4:30 p.m.
SUNDAY	1:30 p.m.	4:30 p.m.

Lap Swim Available All Day

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

