

# POOL HOURS

## Our Mission



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

The Y's Mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

### Our Focus

**Youth Development:** Nurturing the potential of every child and teen.

**Healthy Living:** Improve our community's health and well-being.

### Group Swim Lessons

January 9th - February 1st

February 13th - March 7th

April 2nd - April 23rd

Monday	5:30 p.m. - 6:00 p.m. 6:00 p.m. - 6:45 p.m.
Tuesday	9:30 a.m. - 10:45 a.m. 5:45 p.m. - 7:00 p.m.
Wednesday	10:00 a.m. - 10:30 a.m. 2:30 p.m. - 3:15 p.m.
Thursday	9:30 a.m. - 10:45 a.m. 5:45 p.m. - 7:00 p.m.

# POOL FUN FOR ALL AGES

## AQUATICS SCHEDULE WINTER 2024 GREENE COUNTY YMCA



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.

GREENE COUNTY YMCA  
404 Y Street  
Greeneville, TN 37745  
423-639-6107  
dinniac@greencounty-ymca.org

# Class Schedule

DAY	TIME	CLASS
MONDAY	8:00 a.m. 8:30 a.m. 5:00 p.m.	Aqua Stretch Water Fit Water Fit
TUESDAY	8:00 a.m. 8:30 a.m. 11:00 a.m. 5:00 p.m.	Aqua Stretch Water Fit Gentle Water Fit Water Fit
WEDNESDAY	8:00 a.m. 8:30 a.m.	Aqua Stretch Water Fit
THURSDAY	8:00 a.m. 8:30 a.m. 11:00 a.m. 5:00 p.m.	Aqua Stretch Water Fit Gentle Water Fit Water Fit
FRIDAY	8:00 a.m. 8:30 a.m.	Aqua Stretch Aqua Dance
SATURDAY	11:00 a.m.	<b>Gentle Water Fit</b>

**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)

**Gentle Water Fit-** Stretch and strengthen full body gently, focusing on joint movement and mobility. (1 hour)



## 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.



## OPEN SWIM

DAY	TIME
MONDAY	1:00 - 5:00 p.m. 6:00 - 8:30 p.m.
TUESDAY	1:00 - 5:00 p.m. 6:00 - 8:30 p.m.
WEDNESDAY	1:00 - 8:30 p.m.
THURSDAY	1:00 - 5:00 p.m. 6:00 - 8:30 p.m.
FRIDAY	1:00 - 6:30 p.m.
SATURDAY	1:00 - 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.

### Parent/Tot Swim

M,W,F 9:45 a.m. - 11:00 a.m.

There will be 3 lap lanes available throughout most of the day. Below are the times where the number of lanes have changed.

T/TH 5:45 p.m. - 7:15 p.m.  
Aqua Stretch/ Water Fit / Aqua Dance  
2 Lanes