

## CLEVELAND FAMILY YMCA 2025 INDOOR POOL SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
5:00		Lap Swim 5am-8am (6 lanes)	Lap Swim 5am-8am (6 lanes)	Lap Swim 5am-9am (6 lanes)	Lap Swim 5am-8am (6 lanes)	Lap Swim 5am-9am (6 lanes)							
5:30													
6:00													
6:30													
7:00													
7:30													
8:00								Hydro HIIT 8am-8:45am (2 lanes)	Range of Motion 8:15am-9am (2 lanes)		Range of Motion 8:15am-9am (2 lanes)		Open Swim 8am-9am (1-3 lanes)
8:30													
9:00								Water Fit 9am-10am (2 lanes)	Hydro Fit 9am-10am (2 lanes)	Water Fit 9am-10am (2 lanes)	Hydro Fit 9am-10am (2 lanes)	Water Fit 9am-10am (2 lanes)	Aqua Zumba 9am-10am (2 lanes)
9:30													
10:00								Poolattes 10am-11am (2 lanes)	Open Swim 10am-12pm (1-3 lanes)	Poolattes 10am-11am (2 lanes)	Open Swim 10am-12pm (1-3 lanes)	Poolattes 10am-11am (2 lanes)	Open Swim 10am-5:30pm (1-3 lanes)
10:30								Range of Motion 11am-11:45am (2 lanes)		Range of Motion 11am-11:45am (2 lanes)		Range of Motion 11am-11:45am (2 lanes)	
11:00													
11:30													
12:00	Lap Swim 12pm-1pm (6 lanes)	Lap Swim 12pm-1pm (6 lanes)	Lap Swim 12pm-2pm (6 lanes)	Lap Swim 12pm-1pm (6 lanes)	Lap Swim 12pm-2pm (6 lanes)								
12:30													
1:00	Open Swim 1pm-4:30pm (1-3 lanes)	Open Swim and PT 1pm-5pm (1-3 lanes)	Open Swim and PT 1pm-5:30pm (1-3 lanes)	Open Swim 2pm-9pm (1-3 lanes)	Open Swim and PT 1pm-5:30pm (1-3 lanes)	Open Swim 2pm-9pm (1-3 lanes)							
1:30													
2:00													
2:30													
3:00													
3:30													
4:00													
4:30							Pool Parties 4:30pm-5:30pm	Aqua Zumba 5pm-6pm (3 lanes)	Hydro Fit 5:30pm-6:30pm (3 lanes)	Hydro Fit 5:30pm-6:30pm (3 lanes)	Open Swim 2pm-9pm (1-3 lanes)		
5:00													
5:30								Open Swim 6pm-9pm (1-3 lanes)	Open Swim 6:30pm-9pm (1-3 lanes)	Open Swim 6:30pm-9pm (1-3 lanes)	Open Swim 6:30pm-9pm (1-3 lanes)	Pool Parties 5:30pm-6:30pm	
6:00													
6:30													
7:00													
7:30													
8:00													
8:30													
9:00													
		Swim Lessons Mon & Tues @ 5:15pm-7:30pm Wed @ 12:15pm-1:20pm **may affect open lanes**					Swim Lessons 10:30am-1pm *may affect open lanes*						



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WATER FITNESS DESCRIPTIONS

**AQUA ZUMBA:** A low to moderate impact class where participants get moving to upbeat music. The natural resistance created by water lowers joint impact, but keeps the workout challenging enough to improve fitness.

**HYDRO FIT:** This deep water class of moderate to high intensity is designed to increase flexibility and strengthen, lengthen, and tone muscles with lots of high energy added. This no-impact, cardio workout increases cardiovascular function and overall endurance. Flotation belts are provided for safety and comfort.

**HYDRO HIIT:** Hydro HIIT (High Intensity Interval Training), in the deep end of the pool, provides amazing benefits, including more calories burned in a shorter amount of time, great fat loss, and a boosted metabolic rate long after exercising. This 45-minute session can provide as much of a workout as you want and no impact on your joints!

**POOLATTES:** This program creatively adapts Pilates exercises for the pool. Elongate the entire body with unique conditioning exercises. Build a stronger core by moving from the inside out. Develop strength and flexibility with fluidity and grace. Improve posture and body awareness. Learn how to move the body as an integrated whole. This program appeals to a wide spectrum of ages and fitness levels.

**WATER FIT:** This class is designed to give participants a variety of water exercises in the shallow water. The class will increase cardiorespiratory function, muscle strength, and overall endurance. Walking, jumping, running, and other aerobic movements along with a variety of water equipment are used to increase heart rate and provide a strength training workout.

**WATER RANGE OF MOTION:** This class provides individuals with arthritis a recreational group exercise program in a safe environment. The class is appropriate for those who have less cardiorespiratory endurance, have mild to severe joint limitations, or are in rehabilitation after injuries. Benefits include decreased joint pain and stiffness by improving joint flexibility, muscle strength, balance, and coordination. Water shoes are recommended, but not required. No swimming skills are required.

## ADDITIONAL INFORMATION

**LAP SWIM:** Ideal for swimmers utilizing the length of the pool to focus on exercise, training and technique. We offer specific lap swim times in the morning and afternoon. Throughout the day, we do our best to have at least two lanes available for lap swimming.

**OPEN SWIM:** Recreational swim time where individuals may swim freely, play or engage in other activities in the water, rather than just focusing on laps. Fun for the entire family!

**CLEVELAND FAMILY YMCA**  
220 Urbane Rd. NE  
Cleveland, TN 37312

For more information, contact:  
Chelsea Sandidge at  
423.476.5573 or  
[csandidge@ymcachattanooga.org](mailto:csandidge@ymcachattanooga.org)