



September 2025

LAP POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM-1:00PM OPEN SWIM	8:00AM-1:00PM OPEN SWIM	8:00AM-1:00PM OPEN SWIM	8:00AM-1:00PM OPEN SWIM	8:00AM-1:00PM OPEN SWIM	10:00AM-1:50PM OPEN SWIM	1:00PM-4:50PM OPEN SWIM
	10:00AM-11:30AM Cumberland Mtn Swim					
1:00PM-4:00PM CLOSED	1:00PM-4:00PM CLOSED	1:00PM-4:00PM CLOSED	1:00PM-4:00PM CLOSED	1:00PM-4:00PM CLOSED		
4:00PM-6:50PM OPEN SWIM	4:00PM-6:50PM OPEN SWIM	4:00PM-6:50PM OPEN SWIM	4:00PM-6:50PM OPEN SWIM	4:00PM-6:50PM OPEN SWIM		

THERAPY POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM-1:00PM OPEN SWIM	8:00AM-1:00PM OPEN SWIM	8:00AM-1:00PM OPEN SWIM	8:00AM-1:00PM OPEN SWIM	8:00AM-1:00PM OPEN SWIM	10:00AM-1:50PM OPEN SWIM	1:00PM-4:50PM OPEN SWIM
1:00PM-4:00PM CLOSED	1:00PM-4:00PM CLOSED	1:00PM-4:00PM CLOSED	12:30PM-2:00PM PACE Therapy	1:00PM-4:00PM CLOSED		
4:00PM-6:50PM OPEN SWIM	4:00PM-6:50PM OPEN SWIM	4:00PM-6:50PM OPEN SWIM	1:00PM-4:00PM CLOSED	4:00PM-6:50PM OPEN SWIM		
			4:00PM-6:50PM OPEN SWIM			

POOL INFORMATION

- Non-swimming children must be accompanied by an adult.
- The Y therapy pool is primarily for water therapy or aquatic programs.
- When not in use for aqua-aerobics, swim lessons, or water therapy, the therapy pool may be used by members of all ages at the discretion of the lifeguard.

PLEASE NOTE:

THE POOL CLOSES 10 MINS
PRIOR TO FACILITY CLOSURE
ON FRIDAY-SUNDAY.

PACE PROGRAM:

THERAPY POOL WILL BE
CLOSED THURSDAYS FROM
12:30PM- 2:30PM

SCHEDULED CLOSURES

Pool availability and schedule is subject to change. Please call the front desk at 276-979-0280 to check for any pool closures on any day in question.

INCLEMENT WEATHER POLICY

In the event of thunder, or lightning the pool will be closed for thirty minutes. This time will reset at each clap of thunder or lightning strike.

Mon—Fri

8:00AM — 1:00PM

4:00PM — 6:50PM

Saturday

10:00AM — 1:50PM

Sunday

1:00PM — 4:50PM