Wellness Center Indoor Pool *October 2026*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lap Swim 5:30 - 7:30	Lap Swim 5:30 - 6:45	Lap Swim 5:30 - 7:45	Lap Swim 5:30 - 8:45	Lap Swim 5:30 - 7:45	Lap Swim 7:00 - 8:15
	Water Aerobics Shannon Johnson 7:45 - 8:30	Tellico Village Swim Club 7:00 - 8:15	Water Aerobics Shannon Johnson 8:00 - 8:45		Water Aerobics Various 8:00-8:45	Deep Water Barb Callan 8:30 - 9:15
	Water Aerobics Kelly Cox 8:45 - 9:30	H2O Boot Camp Barb Callan 9:00 - 9:45	Water Aerobics Various 9:00 - 9:45	H2O Boot Camp Barb Callan 9:00 - 9:45	Water Aerobics Kris Holland 9:00 - 9:45	Deep Water Barb Callan 9:30 - 10:15
Open Swim 7:00-6:00	Water Exercise Marilyn Kulessa 9:45 - 10:30	Deep Water Barre Barb Callan 10:00 - 10:45	Water Exercise Marilyn Kulessa 10:00 - 10:45	Deep Water Barre Barb Callan 10:00 - 10:45	Water Exercise Marilyn Kulessa 10:00 - 10:45	
	Water Arthritis Marilyn Kulessa 10:45 - 11:30	Water Walking 11:00-12:00	Water Arthritis Marilyn Kulessa 11:00 - 11:45	Water Walking 11:00-12:00	Water Arthritis Marilyn Kulessa 11:00 - 11:45	Water Walking 11:00-12:00
	Water Walking 12:00 - 1:00	Lap Swim 12:00 - 1:00	Lap Swim 12:00 - 1:00	Lap Swim 12:00 - 1:00	Lap Swim 12:00 - 1:00	Lap Swim 12:00 - 1:00
	Open Swim 1:00-9:00	Open Swim 1:00-9:00	Open Swim 1:00-9:00	Open Swim 1:00-9:00	Open Swim 1:00-9:00	Open Swim 1:00-6:00

October Class Schedules Run October 5th— October 31st

Pool & Therapy Pool Rules:

1. **Warning: No lifeguard on duty. Swim at your own risk.**
2. **Shower before entering pool**
3. **No animals in or on pool deck**
4. **No food or drink in or on pool deck**
5. **Diving in therapy pool or sides of lap pool is prohibited**
6. **Children under 16 years MUST be accompanied by a responsible adult (21 years of age or older) at all times in the pool area.**
7. **Children under 16 years of age are NOT allowed in the Therapy Pool.**
8. **Bars are for balancing ONLY**
9. **All infants/toddlers must wear a swim diaper, if not potty trained.**

Emergency assistance- Call 911.

TVPOA does not permit children 4 years of age and older, of the opposite sex, in the dressing or shower rooms. We do have a unisex/family changing room for your convenience, located on the pool deck, next door to the men's locker room.

Pool Etiquette:

- Swimmers should not hang, sit, flip, stand, etc on the balance bar in the therapy pool or from the lane rope in the lap pool.
- Running, pushing, profanity, fighting, horseplay, or other unsafe behavior is considered inappropriate.
- No glass, sharp metal objects in pool area.
- Band-aids should be removed before entering the pool.
- Lap lane is for lap swimming only.
- Lap swimming is not allowed when classes/, swim team, or water walking are in session.
- Open swim is not allowed during designated lap swim times.
- Large flotation devices and pool toys are not allowed
- Ring/arm floats and noodles are permitted.
- No water walking across lanes during open swim. Water walkers may walk the pool long ways, not short ways