



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NOVEMBER AQUATICS SCHEDULE

SIMMONS YMCA

Indoor Pool

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM	All Lanes 5:00a - 9:00a Two Lanes 9:00a - 11:00a Four Lanes 11:00a - 12:45p All Lanes 4:30p - 7:30p All Lanes 7:30p - 8:45p	All Lanes 5:00a - 9:00a Two Lanes 9:00a - 11:00a Four Lanes 11:00a - 12:45p All Lanes 4:30p - 5:00p Two Lanes 7:30p - 8:45p	All Lanes 5:00a - 9:00a Two Lanes 9:00a - 11:00a Four Lanes 11:00a - 12:45p All Lanes 4:00p - 7:30p All Lanes 7:30p - 8:45p	All Lanes 5:00a - 9:00a Two Lanes 9:00a - 11:00a Four Lanes 11:00a - 12:45p All Lanes 4:30p - 5:00p All Lanes 7:30p - 8:45p	All Lanes 5:00a - 9:00a Two Lanes 9:00a - 11:00a All Lanes 11:00a - 7:45p	Two Lanes 7:00a - 9:00a All Lanes 9:00a - 4:45p	All Lanes 12:00p - 4:45p
WATER FITNESS	NO RESERVATION NEEDED FOR LAP LANES						
	9:00a - 10:00a & 10:00a - 11:00a	9:00a - 10:00a 10:00a - 11:00a 7:30p - 8:30p	9:00a - 10:00a & 10:00a - 11:00a	9:00a - 10:00a & 10:00a - 11:00a	9:00a - 10:00a & 10:00a - 11:00a	8:00a - 9:00a	
SWIM LESSONS (MUST PRE-REGISTER)		4:45p - 7:45p NO OPEN SWIM DURING THIS TIME		4:45p - 7:45p NO OPEN SWIM DURING THIS TIME			
SWIM TEAM PREP	5:45p - 7:15p NO OPEN SWIM DURING THIS TIME		5:45p - 7:15p NO OPEN SWIM DURING THIS TIME				
OPEN SWIM	5:00a - 12:45p 4:30p - 5:45p 7:15p - 8:45p	5:00a - 12:45p 4:30p - 4:45p 7:45p - 8:45p	5:00a - 12:45p 4:00p - 5:45p 7:15p - 8:45p	5:00a - 12:45p 4:30p - 4:45p 7:45p - 8:45p	5:00a - 7:45p	7:00a - 4:45p	12:00p - 4:45p
POOL CLOSED	12:45p - 4:30p 5:45p - 7:15p	12:45p - 4:30p 4:45p - 7:45p	12:45p - 4:00p 5:45p - 7:15p	12:45p - 4:30p 4:45p - 7:45p	7:45p TILL CLOSE	4:45p TILL CLOSE	4:45p TILL CLOSE

FAQ: A **15-minute safety break** is instituted into any YMCA of Greater Charlotte location where only one lifeguard is available after a 45 minute rotation. Your safety is of the upmost importance to us & we thank you for your patience as we continue to onboard future lifeguards.

FOR ANY QUESTIONS REGARDING OUR POOL, PLEASE CONTACT OUR AQUATICS DIRECTOR

Tiffany Dockery

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704.716.6667



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WATER EX SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DEEP & SHALLOW WATER CARDIO FITNESS SANDY 9:05A - 9:55A	DEEP & SHALLOW WATER CARDIO FITNESS LYNN 9:05A - 9:55A	DEEP & SHALLOW WATER CARDIO FITNESS SANDY 9:05A - 9:55A	DEEP & SHALLOW WATER CARDIO FITNESS LYNN 9:05A - 9:55A	SHALLOW WATER CARDIO FITNESS SANDY 9:05A - 9:55A	
DEEP & SHALLOW WATER CARDIO FITNESS SANDY 10:05A - 10:55A	WATER CARDIO FITNESS LITE LYNN 10:05A - 10:55A	DEEP & SHALLOW WATER CARDIO FITNESS SANDY 10:05A - 10:55A	WATER CARDIO FITNESS LITE LYNN 10:05A - 10:55A	DEEP & SHALLOW WATER CARDIO FITNESS SANDY 10:05A - 10:55A	DEEP & SHALLOW WATER CARDIO FITNESS ANN 8:10A - 9:00A
	DEEP & SHALLOW WATER CARDIO FITNESS CHRIS 7:00P - 7:50P				

FAQ:

- **NO RESERVATION REQUIRED FOR WATER EXERCISE CLASSES**
- **SAUNA AND STEAM ROOM AVAILABLE IN ADULT SPACES (18 & OLDER)**
- **YMCA THUNDER & LIGHTNING POLICY: WHEN THUNDER IS HEARD AND/OR LIGHTNING IS SEEN, ALL POOLS AND DECK ARE IMMEDIATELY CLEARED. POOL REMAINS CLOSED FOR 30MIN. FOLLOWING THE OCCURRENCE.**

FOR ANY QUESTIONS REGARDING OUR POOL, PLEASE CONTACT OUR AQUATICS DIRECTOR:

AMANDA OLSON

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704.716.4215