



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OUTDOOR JULY AQUATICS SCHEDULE

Lake Norman Family YMCA

Outdoor Pool

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM	All Lanes 7:00a-9:15a One Lanes 9:15a-11:30a Two Lanes 11:30a-4:00p One Lane 4:00p-7:45p	All Lanes 7:00a-9:15a One Lanes 9:15a-11:30a Two Lanes 11:30a-4:00p Two Lanes 4:00p-7:45p	All Lanes 7:00a-9:15a One Lanes 9:15a-11:30a Two Lanes 11:30a-4:00p One Lane 4:00p-7:45p	All Lanes 7:00a-9:15a One Lanes 9:15a-11:30a Two Lanes 11:30a-4:00p Two Lanes 4:00p-7:45p	All Lanes 7:00a-9:15a One Lanes 9:15a-11:30a Two Lanes 11:30a-4:00p One Lane 4:00p-7:45p	Three Lanes 12:00p-4:45p	Three Lanes 12:00p-4:45p
	Please make a RESERVATION for Water Fitness Classes (<i>live 22 hrs prior</i>) on our App for Water Aerobics.						
Water Fitness (MUST PRE-REGISTER)	9:30a-11:30a	9:30a-11:30a	9:30a-11:30a	9:30a-11:30a	9:30a-11:30a		
Programs (MUST PRE-REGISTER)	Swim Team Tide: 4:30p-6:00p		Swim Team Tide: 4:30p-6:00p		Swim Team Tide: 4:30p-5:30p		
Family Swim	11:30a-7:45p	11:30a-7:45p	11:30a-7:45p	11:30a-7:45p	11:30a-7:45p	12:00p-4:45p	12:00p-4:45p

Lake Activities (See Lake Activity Information Sheet for more information)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY CAMP (Starts June 10th)	9:00a-4:00p	9:00a-4:00p	9:00a-4:00p	9:00a-4:00p	9:00a-4:00p	NONE	NONE
OPEN FOR MEMBERS	Paddlecrafts 12:00p-7:45p Inflatables Open 4p-7:45p	Paddlecrafts 12:00p-3:45p	Paddlecrafts 12:00p-7:45p Inflatables Open 4p-7:45p	Paddlecrafts 12:00p-3:45p	Paddlecrafts 12:00p-7:45p Inflatables Open 4p-7:45p	Full Access 12:00p-4:45p	Full Access 12:00p-4:45p
OTHER PROGRAMS		Adaptive Ski 4:00p-8:00p		Adaptive Ski 4:00p-8:00p			

CONTACT US

Patrick Weekley
Aquatics Coordinator

Joie Burroughs
Aquatics Programming Coordinator



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POOLS AND WATERFRONT LAKE NORMAN YMCA

SUMMER 2025 HOURS



Checking In:

Members can now head straight to the lake or outdoor pool to check in!

Guests and visitors will need to check in at the front desk in our main lobby to purchase a guest pass or redeem guest points.

Safety Tips

All swimmers and boaters must wear a life vest at the waterfront

Swim tests are available in the pool for those wishing to use the deep end

We provide US Coast Guard approved life vests

Rafts and equipment that are not US Coast Guard approved are prohibited in our waters

Outdoor Pool

Mon–Fri 7am–7:45pm

Sat 12pm–4:45pm

Sun 12pm–4:45pm

Indoor Pool

Mon–Thur 5am–8:45pm

Fri 5am–7:45pm

Sat 7am–4:45pm

Sun 12–4:45pm

Waterfront

Waterfront Activities

Swimming

Inflatable Obstacle Course

Nautilus Climbing Wall and Slides

Paddlecraft: Canoes, Kayaks, Paddleboards, Corcles and WigWags

Waterfront Rotations

Mon, Wed, Fri:

🕒 12:00 PM – 7:45 PM

🚣 12:00 – 3:45 PM: Paddlecraft Only

⚓ 4:00 – 4:45 PM: Nautilus

🚣 5:00 – 5:45 PM: Obstacle Course

⚓ 6:00 – 6:45 PM: Nautilus

🚣 7:00 – 7:45 PM: Paddlecraft

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Tues & Thurs:

🕒 12:00 PM – 3:45 PM

🚣 Paddlecraft Only

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Sat & Sun:

🕒 12:00 – 4:45 PM:

All Activities Offered