



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# OUTDOOR JUNE AQUATICS SCHEDULE

## Lake Norman Family YMCA

### Outdoor Pool

|   | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY                    | SUNDAY                      |
|---|---|--|---|--|---|-----------------------------|-----------------------------|
| <b>LAP SWIM</b>   | All Lanes<br>7:00a-9:15a<br>One Lanes<br>9:15a-11:30a<br>Two Lanes<br>11:30a-4:00p<br>One Lane<br>4:00p-7:45p | All Lanes<br>7:00a-9:15a<br>One Lanes<br>9:15a-11:30a<br>Two Lanes<br>11:30a-4:00p<br>Two Lanes<br>4:00p-7:45p | All Lanes<br>7:00a-9:15a<br>One Lanes<br>9:15a-11:30a<br>Two Lanes<br>11:30a-4:00p<br>One Lane<br>4:00p-7:45p | All Lanes<br>7:00a-9:15a<br>One Lanes<br>9:15a-11:30a<br>Two Lanes<br>11:30a-4:00p<br>Two Lanes<br>4:00p-7:45p | All Lanes<br>7:00a-9:15a<br>One Lanes<br>9:15a-11:30a<br>Two Lanes<br>11:30a-4:00p<br>One Lane<br>4:00p-7:45p | Three Lanes<br>12:00p-4:45p | Three Lanes<br>12:00p-4:45p |
| Please make a RESERVATION for Water Fitness Classes ( <i>live 22 hrs prior</i> ) on our App for Water Aerobics. |   |  |   |  |   |                             |                             |
| <b>Water Fitness</b><br>(MUST PRE-REGISTER)   | 9:30a-11:30a  | 9:30a-11:30a   | 9:30a-11:30a  | 9:30a-11:30a   | 9:30a-11:30a  |                             |                             |
| <b>Programs</b><br>(MUST PRE-REGISTER)  | Swim Team<br>Tide:<br>4:30p-6:00p   |  | Swim Team<br>Tide:<br>4:30p-6:00p   |  | Swim Team<br>Tide:<br>4:30p-5:30p   |                             |                             |
| <b>Family Swim</b>  | 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                      |
|---------------------------------------|--|---------------------------------|--|---------------------------------|--|-----------------------------|-----------------------------|
| <b>DAY CAMP</b><br>(Starts June 10th) | 9:00a-4:00p<br>Starts June 16th                              | 9:00a-4:00p<br>Starts June 16th | 9:00a-4:00p<br>Starts June 16th                              | 9:00a-4:00p<br>Starts June 16th | 9:00a-4:00p<br>Starts June 16th                              | NONE                        | NONE                        |
| <b>OPEN FOR MEMBERS</b>               | Paddlecrafts<br>12:00p-7:45p<br>Inflatables Open<br>4p-7:45p | Paddlecrafts<br>12:00p-3:45p    | Paddlecrafts<br>12:00p-7:45p<br>Inflatables Open<br>4p-7:45p | Paddlecrafts<br>12:00p-3:45p    | Paddlecrafts<br>12:00p-7:45p<br>Inflatables Open<br>4p-7:45p | Full Access<br>12:00p-3:45p | Full Access<br>12:00p-3:45p |
| <b>OTHER PROGRAMS</b>                 |  | Adaptive Ski<br>4:00p-8:00p     |  | Adaptive Ski<br>4:00p-8:00p     |  |                             |                             |

### CONTACT US

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Aquatics Coordinator

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**Joie Burroughs**

Aquatics Programming Coordinator

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## WELCOME TO THE OUR POOLS!

- Please familiarize yourself with the pool rules before swimming.
- Our lifeguards are here to keep you safe, please make sure to listen to any of their directions and do not hesitate to ask for help.
- Remember, children under 13 must take the swim test, see our rules or ask a lifeguard for more information.
- **Sharing is caring:** During busy times, swimmers will need to share lanes. With two to a lane, please split the lane. With three or more to a lane, please circle swim. Ask the lifeguards for help if needed. This schedule is subject to change, make sure to see our Sales & Service Desk for assistance on downloading our **YMCA App**.
- 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 on board future lifeguards.
- A **10-minute adult swim/safety break** is instituted during the summer months for the outdoor pool. It will be called 10 minutes before the top of the hour.
- In the event **lighting or thunder** are present in the area, the YMCA requires immediate closure of **all** indoor & outdoor pools. Everything remains closed until **30 minutes** past the last visible strike or sound.

## AQUATICS INFORMATION

- Schedule is subject to change. When water fitness or swim lessons are low in attendance, additional lanes may be provided.
- Please be patient with pool availability. When people are waiting, please limit yourself to 30 minutes.
- Lap swim should be an orderly, continuous swim. Swim in a circle about 5-10 seconds apart. Slower swimmers must allow faster swimmers to pass; wait at the wall until the faster swimmer turns.
- Staff may have to move lane lines to accommodate scheduled programming. Lane lines may be moved 5 minutes prior to scheduled activity.
- The Lake Norman YMCA offers several aquatics programs ranging from: Swim Lessons, Swim Team, Water Fitness, Lifeguard Training, and more! Please see the member service desk for more information or visit us online at [www.ymcacharlotte.org](http://www.ymcacharlotte.org).
- The Indoor/Outdoor pool will close 30 minutes before facility. The Waterfront will close 15 minutes before facility
- Swim attire acceptable in our pools include: clothing that is water repellant and lightweight (swim wear material), specialized swim suits designed with modesty in mind, such as a "Burqini", which traditionally includes three separate pieces: pants, a long t-shirt and a head cover, latex or lycra running tights and shirts, football type jerseys (with holes), nylon jerseys, rash guards, swim caps, and head coverings/headscarves no longer than shoulder length.

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