



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

MARCH AQUATICS SCHEDULE

SIMMONS YMCA

Indoor Pool

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|---|--|--|--|--|--|--|--|------------------------------|
| LAP SWIM | All Lanes 5:00a - 9:30a Two Lanes 9:30a - 11:30a Four Lanes 11:30a - 12:45p Two Lanes 4:00p - 7:30p All Lanes 7:30p - 8:45p | All Lanes 5:00a - 9:30a Two Lanes 9:30a - 11:30a Four Lanes 11:30a - 12:45p Two Lanes 4:00p - 7:30p All Lanes 7:30p - 8:45p | All Lanes 5:00a - 9:30a Two Lanes 9:30a - 11:30a Four Lanes 11:30a - 12:45p Two Lanes 4:00p - 7:30p All Lanes 7:30p - 8:45p | All Lanes 5:00a - 9:30a Two Lanes 9:30a - 11:30a Four Lanes 11:30a - 12:45p Two Lanes 4:00p - 7:30p All Lanes 7:30p - 8:45p | All Lanes 5:00a - 9:30a Two Lanes 9:30a - 11:30a Four Lanes 11:30a - 12:45p Two Lanes 4:00p - 7:30p All Lanes 7:30p - 8:45p | All Lanes 5:00a - 9:30a Two Lanes 9:30a - 11:30a Four Lanes 11:30a - 12:45p Two Lanes 4:00p - 7:30p All Lanes 7:30p - 8:45p | All Lanes 7:00a - 8:45a One Lane 9:00a - 12:00p Four Lanes 12:00p - 4:45p | Four Lanes 12:00p - 4:45p |
| WATER FITNESS | NO RESERVATION NEEDED FOR WATER FITNESS CLASSES | | | | | | | |
| | 9:00a - 10:00a & 10:00a - 11:00a | 9:00a - 10:00a & 10:00a - 11:00a | 9:00a - 10:00a & 10:00a - 11:00a | 9:00a - 10:00a & 10:00a - 11:00a | 9:00a - 10:00a & 10:00a - 11:00a | 9:00a - 10:00a & 10:00a - 11:00a | | |
| GROUP SWIM LESSONS <small>(MUST PRE-REGISTER)</small> | 5:00a - 8:00p | | 5:00p - 8:00p | | | 9:00a - 1:00p | | |
| SWIM TEAM PREP | 6:00p - 7:00p | | 6:00p - 7:00p | | | | | |
| OPEN SWIM | 7:00p - 8:45p | 8:00p - 8:45p | 7:00p - 8:45p | 8:00p - 8:45p | 11:00a - 8:45p | 1:00p - 4:45p | 1:00p - 4:45p | |
| POOL CLOSED | 12:45p - 4:00p | 12:45p - 4:00p | 12:45p - 4:00p | 12:45p - 4:00p | | | | |

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 REARDING OUR POOL PLEASE CONTACT OUT AQUATICS DIRECTOR

Tiffany Dockery

Tiffany.Dockery@ymcacharlotte.org

704.716.6667

WELCOME TO THE OUR POOL!

- 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. See back of schedule for best times to lap swim.
- This schedule is subject to change, make sure to see our Sales & Service Desk for assistance on downloading our **YCLT+ App**.
- Lap Swimmers may be asked to share lanes depending on pool space. One Lap Swim lane is typically available at all times during other aquatic programs.
- 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.

The Indoor pool 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.