

POOL SCHEDULE

April-May 2025



Cool Pool

Time:		Monday	Tuesday	Wednesday	Thursday	Friday	Time:		Saturday	Time:		Sunday
5 AM	6AM	Open	Open	Open	Open	Open						
6AM	7AM	Open	Open: 2-3 lanes Group Exercise	Open	Open	Open	7 AM	3 PM	Open			
7 AM	9:45 AM	Open	Open: 9am-9:45am SUP YOGA	Open	Open	Open	3:15 PM	4:15 PM	Open	12 PM	5:30 PM	Open
10 AM	11 AM	Open	Closed: Group Exercise	Open	Open	Open: 2-3 lanes Group Exercise	4:30 PM	5:30 PM	Open			
11:15 AM	12:15PM	Open	Open	Closed: Group Exercise	Open	Open						
12:30PM	6 PM	Open: This Pool Will Take 15 Minute Pool Break: 1:30PM-1:45PM, 2:45PM-3PM, 4PM-4:15PM, 5:15PM-5:30PM					RESERVATIONS REQUIRED Reservations are required and available on the YCLT+ App or on our website (ymcacharlotte.org). All cool & Warm pool reservations are shared lanes. Please note that if specific time blocks are not reservable online then it will be in line with our staffing ratios and/or Holiday schedule.					
6 PM	8 PM	Masters Swim Team	Open	Masters Swim Team	Open	Open						
8 PM	9:15 PM	Open	Open	Open	Open	Open						
9:30 PM	10:30 PM	Open	Open	Open	Open							

Warm Pool

Time:		Monday	Tuesday	Wednesday	Thursday	Friday	Time:		Saturday	Time:		Saturday
5 AM	8:30 AM	Open	Open	Open	Open	Open						
8:30 AM	9:30 AM	Closed: Group Exercise	Open	Open	Open: 2-3 lanes Group Exercise	Open: 2-3 lanes Group Exercise						
9:45 AM	4 PM	Open: This Pool Will Take 15 Minute Pool Break: 10:45AM-11AM, 12PM-12:15PM, 1:15PM-1:30PM, 2:30PM-2:45PM, 3:45PM-4PM, & 5PM-5:15PM					8 AM	9 AM	Open: 3 Group Exercise			
4PM	5 PM	Open	Open	Open	Open	Open	9 AM	2:45 PM	Open: 2-3 lanes Swim Lessons			
5:15 PM	9 PM	Open	Open	Open	Open	Open	3 PM	4 PM	Open			
9:15 PM	10:15 PM	Open	Open	Open	Open		4:15 PM	5:15 PM				