

POOL SCHEDULE



September 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	9:45 AM	Open	Open	Open	Open	Open	12:30 PM	5:15 PM	Open: Pool Breaks 1:30pm-1:45pm, 2:45pm-3pm, & 4pm-4:15pm	12 PM	5:15 PM	Open: Pool Breaks 1:30pm-1:45pm, 2:45pm-3pm, & 4pm-4:15pm
10 AM	11 AM	Open	Closed: Group Exercise	Open	Open	Open: 2-3 lanes Group Exercise						
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										
6 PM	8 PM	Masters Swim Team	TIFL Practice 6:30pm-8:30 pm	Masters Swim Team	TIFL Practice 6:30pm-8:30 pm	Open	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.					
8 PM	8:45 PM	Open		Open		Open						
9 PM	10 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							7 AM	8 AM	Open
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	12 PM	5:30 PM	Open			
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							