



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JULY INDOOR AQUATICS SCHEDULE

## Lake Norman Family YMCA Indoor Pool

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LAP SWIM</b>	<b>All Lanes</b> 5:00a-9:00a  <b>One Lane</b> 9:00a –12:30a  <b>Four Lanes</b> 12:30-3:30p  <b>Two Lanes</b> 3:30p - 7:30p  <b>All Lanes</b> 7:30p-8:45p	<b>All Lanes</b> 5:00a-9:00a  <b>One Lane</b> 9:00a –12:30a  <b>Four Lanes</b> 12:30-3:30p  <b>Two Lanes</b> 3:30p - 7:30p  <b>All Lanes</b> 7:30p-8:45p	<b>All Lanes</b> 5:00a-9:00a  <b>One Lane</b> 9:00a –12:30a  <b>Four Lanes</b> 12:30-3:30p  <b>Two Lanes</b> 3:30p - 7:30p  <b>All Lanes</b> 7:30p-8:45p	<b>All Lanes</b> 5:00a-9:00a  <b>One Lane</b> 9:00a –12:30a  <b>Four Lanes</b> 12:30-3:30p  <b>Two Lanes</b> 3:30p - 7:30p  <b>All Lanes</b> 7:30p-8:45p	<b>All Lanes</b> 5:00a-9:00a  <b>One Lane</b> 9:00a –12:30a  <b>Four Lanes</b> 12:30-3:30p  <b>Two Lanes</b> 3:30p - 7:45p	<b>All Lanes</b> 7:00a-8:45a  <b>One Lane</b> 9:00a-12:00p  <b>Four Lanes</b> 12:00p-4:45p	<b>Four Lanes</b> 12:00p-4:45p
	Express Swim Lessons Monday-Thursday & Saturday Classes Indoors						
<b>GROUP SWIM LESSONS</b> (MUST PRE-REGISTER)	9:00a-12:15p 4:00p-8:30p	9:00a-12:15p 4:00p-8:30p	9:00a-12:15p 4:00p-8:30p	9:00a-12:15p 4:00p-8:30p		9:00a-12:00p	
<b>SWIM TEAM PREP</b>	Returns in August	Returns in August	Returns in August	Returns in August	Returns in August		
<b>Programs</b>	<b>Swim Camp:</b> 9:30a-12:00p	<b>Swim Camp:</b> 9:30a-12:00p	<b>Swim Camp:</b> 9:30a-12:00p	<b>Swim Camp:</b> 9:30a-12:00p	<b>Swim Camp:</b> 9:30a-12:00p		
<b>FAMILY/REC SWIM</b>	11:30a-8:45p	11:30a-8:45p	11:30a-8:45p	11:30a-8:45p	11:30a-7:45p	12:00p-4:45p	12:00p-4:45p

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.

### CONTACT US

**Patrick Weekley**

Aquatics Coordinator

**Joie Burroughs**

Aquatics Programming Coordinator

## 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. 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 **YMCA App**.
- Lap Swimmers may be asked to share lanes depending on pool space.

## 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 pool will close 30 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