



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUNE INDOOR AQUATICS SCHEDULE

Lake Norman Family YMCA Indoor Pool

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM	All Lanes 5:00a-9:00a One Lane 9:00a-12:30a Four Lanes 12:30-3:30p Two Lane 3:30p-7:30p All Lanes 7:30p-8:45p	All Lanes 5:00a-9:00a One Lane 9:00a-12:30a Four Lanes 12:30-3:30p Two Lane 3:30p-7:30p All Lanes 7:30p-8:45p	All Lanes 5:00a-9:00a One Lane 9:00a-12:30a Four Lanes 12:30-3:30p Two Lane 3:30p-7:30p All Lanes 7:30p-8:45p	All Lanes 5:00a-9:00a One Lane 9:00a-12:30a Four Lanes 12:30-3:30p Two Lane 3:30p-7:30p All Lanes 7:30p-8:45p	All Lanes 5:00a-9:00a One Lane 9:00a-12:30a Four Lanes 12:30-3:30p Two Lane 3:30p-7:45p	All Lanes 7:00a-8:45a One Lane 9:00a-12:00p Four Lanes 12:00p-4:45p	Four Lanes 12:00p-4:45p
	Express Swim Lessons Monday-Thursday & Saturday Classes Indoors						
GROUP SWIM LESSONS (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	
SWIM TEAM TIDE	Moved Outdoors for June	Moved Outdoors for June	Moved Outdoors for June	Moved Outdoors for June	Moved Outdoors for June		
Programs	Swim Camp: 9:30a-12:00p	Swim Camp: 9:30a-12:00p	Swim Camp: 9:30a-12:00p	Swim Camp: 9:30a-12:00p	Swim Camp: 9:30a-12:00p		
FAMILY/REC SWIM	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 utmost importance to us & we thank you for your patience as we continue to onboard future lifeguards.

CONTACT US

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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. 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. 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 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 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.