



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SUMMER SCHEDULE

Keith Family YMCA

Indoor Pool Schedule: July 12 – Aug 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM	All Lanes 6:00a-8:00a Two Lanes 8:00a –11:00a One Lane 5:00p – 7:30p Two Lanes 7:30p-9:45p	All Lanes 6:00a-8:00a Two Lanes 8:00a –11:00a One Lane 5:00p – 7:30p Two Lanes 7:30p-9:45p	All Lanes 6:00a-8:00a Two Lanes 8:00a –11:00a One Lane 5:00p – 7:30p Two Lanes 7:30p-9:45p	All Lanes 6:00a-8:00a Two Lanes 8:00a –11:00a One Lane 5:00p – 7:30p Two Lanes 7:30p-9:45p	All Lanes 6:00a-8:00a Two Lane 8:00a –11:00a	Three Lanes 8:00a-10:00a Two Lanes 12:00p-5:45p	Two Lanes 12:00p-5:45p
WATER FITNESS	Please make a RESERVATION for Lap Lane/Water Fitness Classes (<i>live 22 hrs prior</i>) on our +YCLT App.						
	8:00a-8:45a 7:30p-8:15p	8:30a-9:30a	8:00a-8:45a	8:30a-9:30a	8:00a-8:45a	8:00a-8:45a	
GROUP SWIM LESSONS (MUST PRE-REGISTER)	9:00a-11:00am 5:00p-7:30p	9:00a-11:00am 5:00p-7:30p	9:00a-11:00am 5:00p-7:30p	9:00a-11:00am 5:00p-7:30p		10:00a-12:00p	
SWIM TEAM PRACTICE	5:30p – 6:30p 6:30P—7:30P		5:30p – 6:30p 6:30P—7:30P		5:30p – 6:30p 6:30P—7:30P		
FAMILY/REC SWIM	3:00p-5:00p 7:30pm-9:45pm	3:00p-5:00p 7:30pm-9:45pm	3:00p-5:00p 7:30pm-9:45pm	3:00p-5:00p 7:30pm-9:45pm	3:00p-8:45p	12:00p-3:30p Adaptive Swim 3:30p-5:45p	12:00p-5:45p

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.

No Open Swim: On Saturdays (07/12-08/02) from 3:30 pm until 5:45 pm

YMCA Mission: To Put Christian principles into practice through programs that build healthy spirit, mind, body for all.

Contact:

Saunte' Burton aka Mr. B/Program Aquatic Director
8100 Old Mallard Creek Road
Charlotte, N.C., 28262
Saunte.burton@ymcachalotte.org
(704)716-6750 Direct

WELCOME TO 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. 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**.
- All Lap Lanes are share lanes.
- 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.
- Lap swim should be an orderly, continuous swim.
- Staff may have to move lane lines to accommodate scheduled programming. Lane lines may be moved 5 minutes prior to scheduled activity.
- The Keith Family 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.
- **Friday evenings could be reserved for "Make-Up Group Swim Lessons" in the event of a storm during the week.
- 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.
- Please check our app for updates.