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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JULY AQUATICS SCHEDULE

## Lake Norman Family YMCA

### Indoor Pool

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM	Lap swim has transitioned to the outdoor pool.						
GROUP SWIM LESSONS (MUST PRE-REGISTER)	9:00a-12:30p	9:00a-12:30p	9:00a-12:30p	9:00a-12:30		10:00a-1:00p	NONE
DAY CAMP GROUPS	10:00a-1:00p	10:00a-1:00p	10:00a-1:00p	10:00a-1:00p	10:00a-1:00p	NONE	NONE

### Outdoor Pool

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM * 2 lanes avail during Family Swim	6:00a-9:00a 11:30a-4:00p*	6:00a-10:30a 11:30a-7:00p*	6:00a-9:30a 10:30a-4:00p*	6:00a-10:30a 11:30a-7:00p*	6:00a-9:00a 1:30a-4:00p*	8:00a-3:30p*	12:00p-3:30p*
WATER FITNESS	9:30a-11:30a	10:30a-11:30a	9:30a-10:30a	10:30a-11:30a	9:30a-11:30a		
FAMILY SWIM	11:30a-7:00p	11:30a-7:00p	10:30a-7:00p	11:30a-7:00p	11:30-7:00p	10:00a-3:30p	12:00p-3:30p
GROUP SWIM LESSONS (MUST PRE-REGISTER)	4:00p-7:30p	4:00p-7:30p	4:00p-7:30p	4:00p-7:30p			

### Lake Activities (See Lake Activity Information Sheet for more information)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY CAMP	9:00a-3:00p	9:00a-3:00p	9:00a-3:00p	9:00a-3:00p	9:00a-3:00p	NONE	NONE
OPEN FOR MEMBERS	5:00p-7:00p		5:00p-7:00p			12:45p-3:30p	12:45p-3:30p
OTHER PROGRAMS				Adaptive Ski 3:15p-8:00p			

## 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**.
- 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 on board future lifeguards.
- 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](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 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.

## CONTACT US

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