POOL SCHEDULE



January - March 2025

<u>Cool Pool</u>													
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	3 PM	Open				
7 AM	9:45 AM	Open	Open: 9am-9:45am SUP YOGA	Open	Open	Open	3:15 PM 4	I:15 PM	Open	- 12 PM	5:30 PM	Open	
10 AM	11 AM	Open	Closed: Group Exercise	Open	Open	Open: 2-3 lanes Group Exercise	4:30 PM 5	5:30 PM	Open				
11:15 AM	12:15PM	Open	Open	Closed: Group Exercise	Open	Open							
12:30PM	6 PM	•	PM-1:45PM,	/ill Take 15 N , 2:45PM-3P 15PM-5:30P	M, 4PM-4:1								
6 PM	8 PM	Masters Swim Team	Open	Masters Swim Team	Open	Open	RESERVATIONS REQUIRED Reservations are required and available on the YCLT+ App or on our website (ymcacharlotte.org). All cool pool reservations are shared lanes, while the warm pool has a single lane option. 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	9:15 PM	Open	Open	Open	Open	Open							
9:30 PM	10:30 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	Open: 2-3 lanes 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						9 AM	Open:3 Group Exercise			
4PM	5 PM	Open	Open	Open	Open	Open	9 A M	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				