



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Simmons YMCA

September 2024

6824 Democracy Drive  
704 716 6600

### INDOOR POOL SCHEDULE

Monday Tuesday Wednesday Thursday Friday

Reserved Lap Swim	Reserved Lap Swim	Reserved Lap Swim	Reserved Lap Swim	Reserved Lap Swim
4shared/1single 7:00-9:00am	4shared/1single 8:00-9:00am	4shared/1single 7:00-9:00am	4shared/1single 8:00-9:00am	4shared/1single 7:00-9:00am
1shared/1single 9:00-11:00AM	1shared/1single 9:00-11:00AM	1shared/1single 9:00-11:00AM	1shared/1single 9:00-11:00AM	1shared/1single 9:00-11:00AM
3 shared lanes/ 1 single lane 11:00AM-1PM	2 shared lanes/ 1 single lane 11:00AM-1PM	3 shared lanes/ 1 single lane 11:00AM-1PM	2 shared lanes/ 1 single lane 11:00AM-1PM	3 shared lanes/ 1 single lane 11:00AM-1PM
2shared/1single 4:00-6:00PM	2shared/1single 4:00-6:00PM	3shared/1single 4:00-6:00PM	2shared/1single 4:00-6:00PM	2 shared/ 1 single lane 1PM-8PM
3shared/1single 7:00-7:45PM		3shared/1single 7:00-7:45PM	3shared/1single 7:00-7:45PM	
Programs	Programs	Programs	Programs	Programs
9:05-9:55AM Deep & Shallow Cardio Fitness	9:05-9:55AM Deep & Shallow Cardio Fitness	9:05-9:55AM Deep & Shallow Cardio Fitness	9:05-9:55AM Deep & Shallow Cardio Fitness	9:05-9:55AM Shallow Extreme Cardio Fitness
10:05-10:55AM Deep & Shallow Cardio Fitness	10:05-10:55AM Water Exercise 11:00-11:45AM Swim Lessons	10:05-10:55AM Deep & Shallow Cardio Fitness	10:05-10:55AM Water Exercise 11:00-11:45AM Swim Lessons	10:05-10:55AM Deep & Shallow Cardio Fitness
	5:30-7:45PM Swim Lessons		5:30-7:45PM Swim Lessons	
	7:05-7:50PM Cardio Fitness			

For more information contact:  
Bette Miller  
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704 716 6697

Saturday Sunday

Reserved Lap Swim	CLOSED
1 shared/ 1 single lane 8:00AM-9AM	
1shared/ 1 single lane 9:00A-1:00PM	
8:10-9AM Deep & Shallow Cardio Fitness	
9:00AM-12:45P Open Swim	
10:00A-1:00PM Swim Lessons	



Open swim times available without a reservation in the open pool area:

2 lanes before 9am; between 11am-1pm Monday - Friday & 2 lanes 4-5:30pm Monday - Thursday;  
Open Family Swim 3 lanes Friday 1-8PM; 2 lanes 9am - 12:45pm on Saturday

\*\*Lap Swimming is by Reservation only in 30 min. time slots.

Shared Lanes: 2 swimmers

Single Lane: 1 swimmer or members of the same household.

\*\*Use the Y APP to reserve your time slot. Reservations begin 22 hours prior.

Final Water Park hours:

Saturday 8/31 12-5pm and Sunday 9/1 1-5pm Labor Day 9/2 Holiday 12-5pm

Locker Rooms are open and Steam and Sauna available in Adult Spaces (18 & older only)

YMCA Thunder & Lightning Policy: When thunder is heard and/or lightning is seen all pools and deck area are immediately cleared. Pools remain closed for 30 min. following last occurrence

To put Christian Principles into practice through programs that build healthy spirit, mind and body for all.