



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# NOVEMBER AQUATICS SCHEDULE

## Lake Norman Family YMCA

### Indoor Pool

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LAP SWIM</b>	All Lanes 6:00a-9:30a One Lane 9:30a-11:30a Four Lanes 11:30a-3:30p One Lane 3:30p-6:00p	All Lanes 6:00a-9:30a One Lane 9:30a-11:30a Four Lanes 11:30a-3:30p One Lane 3:30p-6:00p	All Lanes 6:00a-9:30a One Lane 9:30a-11:30a Four Lanes 11:30a-3:30p One Lane 3:30p-6:00p	All Lanes 6:00a-9:30a One Lane 9:30a-11:30a Four Lanes 11:30a-3:30p One Lane 3:30p-6:00p	All Lanes 6:00a-9:30a One Lane 9:30a-11:30a Four Lanes 11:30a-4:30p One Lane 4:30p-6:30p	All Lanes 8:00a-9:00a One Lane 9:00a-12:00p Four Lanes 12:00p-3:30p	Four Lanes 12:00p-3:30p
<b>WATER FITNESS</b>	Please make a RESERVATION for Water Fitness Classes ( <i>live 22 hrs prior</i> ) on our App for Water Aerobics.						
	9:30a-11:30a	9:30a-11:30a	9:30a-10:30a	9:30a-11:30a	9:30a-11:30a		
<b>GROUP SWIM LESSONS</b> <small>(MUST PRE-REGISTER)</small>	6:00p-7:30p	9:00a-10:30a 4:30p-7:30p	6:00p-7:30p	9:00a-10:30a 4:30p-7:30p		9:00a-12:00p	
<b>SWIM TEAM PREP</b>	4:30p-6:00p		4:30p-6:00p				
<b>Programs/ HS &amp; MIDDLE SCHOOL SWIM TEAMS</b>	Swim Team Rental 3:30p-7:00p	Swim Team Rental 3:30p-8:00p	Preschool Swim: 10:30a-12:00p Swim Team Rental	Swim Team Rental 3:30p-8:00p	Swim Team Rental 4:30p-5:30p		
<b>FAMILY/REC SWIM</b>	11:30a-6:00p	11:30a-6:00p	11:30a-6:00p	11:30a-6:00p	11:30a-6:30p	12:00p-3:30p	12:00p-3:30p

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 upmost importance to us & we thank you for your patience as we continue to onboard future lifeguards.

#### CONTACT US

Patrick Weekley Aquatics Coordinator  
 Patrick.Weekley@ymcacharlotte.org 704.716.4426

#### Safety Break times:

6:45a-7:00a - 7:45a-8:00a - 8:45a-9:00a  
 12:45p-1:00p - 1:45p-2:00p - 2:45p-3:00p

## 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**.
- 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](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.