



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Simmons YMCA

May 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 7:00-9:00am	4shared/1single 7:00-9:00am	4shared/1single 7:00-9:00am	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
4 shared lanes/ 1 single lane 11:00AM-1PM	3 shared lanes/ 1 single lane 11:00AM-1PM	4 shared lanes/ 1 single lane 11:00AM-1PM	3 shared lanes/ 1 single lane 11:00AM-1PM	4 shared lanes/ 1 single lane 11:00AM-4PM
2shared/1single 4:00-5:30PM	2shared/1single 4:00-6:00PM	2shared/1single 4:00-5:30PM	2shared/1single 4:00-6:00PM	2shared 4:00-7:45PM
2 shared 5:30-7:45PM		2 shared 5:30-7:45PM	1shared/1single 7:00-7:45PM	<b>Family Open</b> <b>1:00-7:45PM</b>
<b>Programs</b>				
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	10:05-10:55AM Deep & Shallow Cardio Fitness	10:05-10:55AM Water Exercise 11:00-11:45AM	10:05-10:55AM Deep & Shallow Cardio Fitness
5:30-7:30PM Swim Clinic	5:30-7:45PM Swim Lessons 7:05-7:50PM Cardio Fitness	5:30-7:30PM Swim Clinic	5:30-7:45PM Swim Lessons	

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	
2 shared lanes 9:00A-1:00PM	
8:10-9AM Deep & Shallow Cardio Fitness	
9:00AM-12:45P Open Swim	
10:00A-1:00PM Swim Lessons	



### GRAND OPENING WATER PARK POOL SATURDAY 5/25/24

Water Park open 5/25/24 12-5pm; Sunday 5/26/24 1-5pm; Memorial Day 5/27/24 12-5pm

INDOOR POOL HOURS MEMORIAL DAY 5/27/24 8am - 12pm

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

**Shared Lanes: 2 swimmers share lane, coordinate with other swimmer before entering**

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

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

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

**2 lanes before 9am; between 11am-1pm Monday - Friday & 2 lanes 4:00-5:30pm Monday - Thursday; 4 lanes 1-7:45pm on Fridays; 2 lanes 9am - 12:45pm on Saturday**

**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.