



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

Lake Norman Family YMCA

Indoor Pool | October – December 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM	5:30a-8:45p	5:30a-8:45p	5:30a-8:45p	5:30a-8:45p	5:30a-7:45p	8:00a-4:45p	12:00p-4:45p
<b>Lap swim is available at all times. Multiple lanes will be available except during the program times</b>							
MASTERS SWIM <small>(MUST PRE-REGISTER)</small>	6:30p-7:30p	NONE	6:30p-7:30p	NONE	NONE	NONE	NONE
WATER FITNESS CLASS	8:00a-11:35a 1:30p-2:15p	8:00a-8:50a 10:45a-11:35a	8:00a-11:35a	8:00a-8:50a 10:45a-11:35a	8:00-11:35a	NONE	NONE
GROUP SWIM LESSONS <small>(MUST PRE-REGISTER)</small>	4:00p-7:40p	9:00a-10:50a	4:00p-7:40p	9:00a-10:50a	NONE	9:00a-12:20p	NONE
PRESCHOOL SWIM	NONE	9:00a-10:30a	12:15p-1:00p	9:00a-10:30a	NONE	NONE	NONE
SWIM TEAM PREP	4:15p-6:30p	4:15p-6:30p	4:15p-6:30p	4:15p-6:30p	4:15p-6:30p	NONE	NONE
CSD SWIM TEAM <small>(MS/HS)</small>	3:30p-4:30p 7:45p-8:45p	3:30p-4:30p 7:45p-8:45p	3:30p-4:30p 7:45p-8:45p	3:30p-4:30p 7:45p-8:45p	NONE	NONE	NONE
FAMILY/REC SWIM	12:00p-1:30p 2:30p-4:00p	12:00p-4:00p	12:00p-4:00p	12:00p-4:00p	11:45a-7:45p	12:30p-4:45p	12:00p-4:45p

## WELCOME TO THE POOL!

- 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

## MONTHLY POOL AND SCHEDULE UPDATES

- Our pool is busy all year round. The best time for lap swimming is going to be 5:30a-8:00a and then 12:00p-4:00p
- Children who are part of our Out of School Day Programs will swim in our pool from Mondays 12:30-1:30/2:30-3:30 and Tues-Fri 1:30-3:30.
- Lanes for water exercise classes are determined by the number of participants.
- SWAT Training will be utilizing 2 lanes from 12:00p-1:30p on the last Friday of the month: Oct 25, Nov 29, Dec 27, Jan 31, Feb 28, Mar 27, Apr 24, and May 29.

## 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, Masters Swim, Triathlon Training, Pool Parties, 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 15 minutes before facility.
- Swim attire acceptable in our pools include: clothing that is water repellant and lightweight (swim wear

### CONTACT US

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Pool Supervisor

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#### **Teresa Bostic**

Aquatics Coordinator

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### Upcoming Swim Lesson Session Dates:

#### **OCTOBER**

Oct 7 - Oct 31

#### **NOVEMBER**

Nov 4 - Nov 27

#### **DECEMBER**

Dec 2 - Dec 16 (3 week session)