



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Simmons YMCA

September 2021

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 8:00-9:00am	4shared/1single 8:00-9:00am	4shared/1single 8:00-9:00am	4shared/1single 8:00-9:00am	4shared/1single 8:00-9:00am
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-12PM	2 shared lanes/ 1 single lane 11:00AM-12PM	4 shared lanes/ 1 single lane 11:00AM-12PM	2 shared lanes/ 1 single lane 11:00AM-12PM	4 shared lanes/ 1 single lane 11:00AM-12PM
3shared/1single 2 lanes open 4:00-8:00pm	3shared/1single 4:00-5:30PM 1 shared lane 6:00-7:00	3shared/1single 2 lanes open 4:00-8:00pm	3shared/1single 4:00-8:00pm 1 shared lane 6:00-7:00PM 1 shared/1single 7:00-7:30PM	
Reserved 9:05-9:55AM Deep & Shallow Cardio Fitness	Reserved 9:05-9:55AM Deep & Shallow Cardio Fitness	Reserved 9:05-9:55AM Deep & Shallow Cardio Fitness	Reserved 9:05-9:55AM Deep & Shallow Cardio Fitness	Reserved 9:05-9:55AM Deep & Shallow Cardio Fitness
10:05-10:55AM Deep & Shallow Cardio Fitness	10:05-10:55AM Water Exercise Light	10:05-10:55AM Deep & Shallow Cardio Fitness	10:05-10:55AM Water Exercise Light	10:05-10:55A Deep & Shallow Cardio Fitness
	11:00-11:40AM Adult Lessons		11:00-11:40AM Adult Lessons	
	5:30-7:45PM Swim Lessons		5:30-7:45PM Swim Lessons	
	7:45pm Deep Water			

For more information contact:

Bette Miller
Bette.Miller@ymcacharlotte.org
704 716 6697

Saturday Sunday

Reserved Lap Swim	CLOSED
1 shared/ 1 single lane 9:00AM-10AM	
3 shared Lanes/ 1 single lane 10:00A-1PM	
begins 9/25 2shared/1single 3 lanes open swim 1:00-4:00	
Reserved 9:05-9:55A Deep & Shallow Cardio Fitness	
10AM-12:30PM Swim Lessons	



8:00a-9:00a begins 9/7/21; Mon/Wed 4-8 begins 9/20

Holiday Water Park hours 12-5pm Saturday 9/4, 1-5pm Sunday 9/5 & 12-5pm Monday 9/6

Weekday Water Park hours 4-7pm 9/1, 9/2, 9/3, 9/8, 9/10, 9/13, 9/15 & 9/17

Weekend Water Park hours 1-5pm Saturday 9/11 & 9/18 and 1-5pm Sunday 9/12 & 9/19

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

Shared Lanes: 2 swimmers start and stop at opposite ends of pool start swim on right.

Shared Lane can be reserved for personal water exercise (8-9a & 11a-12p)

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

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

**Water Aerobics limited to 15-24 spots by reservation only on the APP
No Water Aerobics on Saturday 9/4 & Monday 9/6 for Labor Day Holiday

Check in with the Lifeguard when entering the pool

Locker Rooms are open and Steam and Sauna available in Adult Spaces

Open Swim Hours begin 9/20: 2 lanes Monday/Wednesday 4-8pm; Tuesday/Thursday 4-5:30pm; 3 lanes Saturday 1-4pm

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

Have you checked into My Y Pricing? You may be paying too much? Stop by the Membership Desk for details.

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