



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

MAY AQUATICS SCHEDULE

Lake Norman Family YMCA

Indoor Pool

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
LAP SWIM	6:00a-6:45a 7:00a-7:45a 8:00a-8:45a 9:00a-9:30a 3:30p-7:30p	6:00a-6:45a 7:00a-7:45a 8:00a-8:45a 9:00a-12:00p 3:30p-7:30p	6:00a-6:45a 7:00a-7:45a 8:00a-8:45a 9:00a-12:00p 3:30p-7:30p	6:00a-6:45a 7:00a-7:45a 8:00a-8:45a 9:00a-12:00p 3:30p-7:30p	6:00a-6:45a 7:00a-7:45a 8:00a-8:45a 9:00a-12:00p 3:30p-7:30p	6:00a-6:45a 7:00a-7:45a 8:00a-8:45a 9:00a-9:30a 3:30p-6:30p	8:00a-3:30p (ONE LANE) 9:00a-12:00p	12:00p-3:30p
WATER FITNESS	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-10:30a		9:30a-11:30a			
GROUP SWIM LESSONS (MUST PRE-REGISTER)	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		
SWIM TEAM TIDE	4:30p-6:15p		4:30p-6:15p		4:30p-6:15p			
RENTALS/ PROGRAMS			Preschool Swim: 10:30a-11:30a					
FAMILY/REC SWIM	3:30p-7:30p	3:30p-7:30p	3:30p-7:30p	3:30p-7:30p	3:30p-6:30p	12:00p-3:30p	12:00p-3:30p	

CONTACT US

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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**.
- 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.
- 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.
- The Indoor pool will close 30 minutes before facility.
- Swim attire acceptable in our pools include: clothing that is water repellent 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.