



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Simmons YMCA

July 2022

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

Saturday Sunday

Reserved Lap Swim	CLOSED
3 shared/ 1 single lane 8:00AM-9AM	
1 shared/ 1 single lane 9:00AM-10AM	
3 shared/ 1 single lane 10:00A-1:00PM	
9:05-10AM Deep & Shallow Cardio Fitness	



**Water Park Hours: Weekdays 10am-1pm & 4-8pm; Saturdays 12 -5pm; Sunday 1-5pm**

**\*\*\*JULY 4th Holiday hours: Indoor Pool 8am - noon; Water Park 12-5pm\*\*\***

**\*\*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 (before 9am & after 11am)**

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

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

**\* 9:05am Friday Water Aerobics Class at Outdoor Water Park Pool**

**\*\*Water Aerobics limited to 15-24 spots by reservation only on the APP**

**Check in with the Lifeguard when entering the pool**

**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 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.**