

# POOL SCHEDULE



March-April 2024

## Cool Pool

Time:		Monday	Tuesday	Wednesday	Thursday	Friday	Time:		Saturday	Sunday
5 AM	6 AM	Open	Open	Open	Open	Open				
6 AM	7 AM	Open	2nd and 4th of month: Deep water class	Open	Open	Open	7 AM	8 AM	Open	
7 AM	9:45 AM	Open	Open	Open	Open	Open	8 AM	12 PM	Open	
10 AM	11 AM	Open	Closed: Group Exercise	Open	Open	Open: 2-3 lanes reserved for Group Exercise	12 PM	1 PM	Open	Open
11:15 AM	12:15 PM	Open	Open	Closed: Group Exercise	Open	Open	1 PM	2 PM	Open	Open
12:30 PM	1:30 PM	Open	Open	Open	Open	Open	2 PM	3:30 PM	Open	Open
1:45 PM	2:45 PM	Open	Open	Open	Open	Open	3:30 PM	5 PM		Open
3 PM	5 PM	Open	Open	Open	Open	Open				
5 PM	6 PM	Open	Open	Open	Open	Open			<b>RESERVATIONS REQUIRED</b> Reservations are required and available on the YCLT+ App or on our website (ymcacharlotte.org). All cool pool reservations are shared lanes, while the warm pool has a single lane option. Please note that if specific time blocks are not reservable online then it will be in line with our staffing ratios and/or Holiday schedule.	
6 PM	7 PM	Masters Swim Team	Open	Masters Swim Team	Open	Open				
7 PM	8 PM	Masters Swim Team	Open	Masters Swim Team	Open	Open				
8 PM	9 PM	Open	Open	Open	Open					

## Warm Pool

Time:		Monday	Tuesday	Wednesday	Thursday	Friday	Time:		Saturday	Sunday
5:15 AM	7:30 AM	Open	Open	Open	Open	Open				
7:30 AM	8:30 AM	Open	Open	Open	Open	1st and 3rd of the month: Paddle Board Yoga	8 AM	9 AM	Open: 3 lanes reserved for Group Exercise	
8:30 AM	9:30 AM	Open: 2-3 lanes reserved for Group Exercise	Open	Open	Open: 2-3 lanes reserved for Group Exercise	Open: 2-3 lanes reserved for Group Exercise	9 AM	12 PM	Open: 2-3 lanes reserved for Swim Lessons	
9:45 AM	10:45 AM	Open	Open	Open	Open	Open	12 PM	1 PM	Open: 2-3 lanes reserved for Swim Lessons	Open
11:00 AM	12:00 PM	Open	Open	Open	Open	Open	1 PM	3:30 PM	Open: 2-3 lanes reserved for Swim Lessons	Open
12:15 PM	1:15 PM	Open	Open	Open	Open	Open	3:30 PM	5 PM		Open
1:30 PM	2:30 PM	Open	Open	Open	Open	Open				
2:45 AM	3:45 PM	Open	Open	Open	Open	Open			<b>POOL RESERVATIONS:</b> 30 minute lap swim reservations are available during each time block. To reserve your spot, please visit our app or website. Walk-ins are welcome, but encouraged to call ahead or check with a lifeguard before jumping in the pool. If lanes are closed online it will be to maintain compliance within our lifeguard ratios and requirements. During pool break times, the pool will be cleared completely for 15 minutes.	
4 PM	6 PM	Open	Open	Open	Open	Open				
6 PM	7 PM	Open	Open	Open	Open	Open				
7 PM	8 PM	Open	Open	Open	Open	Open till 7:30 pm				
8 PM	9 PM	Open	Open	Open	Open					