



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Simmons YMCA

March 2023

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
3 shared lanes/ 1 single lane 11:00AM-1PM	2 shared lanes/ 1 single lane 11:00AM-1PM	3 shared lanes/ 1 single lane 11:00AM-1PM	2 shared lanes/ 1 single lane 11:00AM-1PM	3 shared lanes/ 1 single lane 11:00AM-1PM
2shared/1single 4:00-6:00PM	2shared/1single 4:00-6:00PM	3shared/1single 4:00-6:00PM	2shared/1single 4:00-6:00PM	
3shared/1single 7:00-7:45PM		3shared/1single 7:00-7:45PM	3shared/1single 7:00-7:45PM	
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 Shallow Extreme 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	10:05-10:55AM Deep & Shallow Cardio Fitness
4:45-5:45PM SO Swim Clinic	Swim Lessons		Swim Lessons	
6:00-7:00PM Swim Clinic	5:30-7:45PM Swim Lessons	6:00-7:00PM Swim Clinic	5:30-7:45PM Swim Lessons	
	7:05-7:50PM Cardio Fitness			

For more information contact:
Bette Miller
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704 716 6697

Saturday Sunday

Reserved Lap Swim	CLOSED
1 shared/ 1 single lane 8:00AM-9AM	
1shared/ 1 single lane 9:00A-1:00PM	
8:10-9AM Deep & Shallow Cardio Fitness	
9:00AM-12:45P Open Swim	
10:00A-1:00PM Swim Lessons	



Open swim times available without a reservation in the open pool area:

2 lanes before 9am; between 11am-1pm Monday - Friday & 2 lanes 4-5:30pm Monday - Thursday;
2 lanes 9am - 12:45pm on Saturday

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

Shared Lanes: 2 swimmers

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 classes no longer require reservation.

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

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