



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Simmons YMCA

December 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 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 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
3:00-4:30PM *HS Swim Team	*HS Swim Team 7:05-7:50PM Cardio Fitness		3:00-4:30PM *HS Swim Team	

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	



*HS Swim Team ends 12/12/23

Holiday Hours: Closed Christmas Day(12/25); 8am - 1pm on 12/26/23

Open swim times available without a reservation in the open pool area: 2 lanes before 9am; between 11am-1pm Monday - Friday & 2 lanes 4-7:45pm Monday - Thursday; between 9am - 12:45pm on Saturday

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

Shared Lanes: 2 swimmers per lane

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

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

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 lightning 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.