



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

Lake Norman Family YMCA

Indoor Pool | January - February 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM	5:30a-8:45p	5:30a-8:45p	5:30a-8:45p	5:30a-8:45p	5:30a-7:45p	8:00a-4:45p	12:00p-4:45p
	Lap swim is available at all times. Multiple lanes will be available except during the program times						
MASTERS SWIM (MUST PRE-REGISTER)	12:00-1:00p 6:30p-7:30p	NONE	12:00-1:00p 6:30p-7:30p	NONE	NONE	NONE	NONE
WATER FITNESS CLASS	8:00a-11:35a 1:30p-2:15p	8:00a-8:50a 10:45a-11:35a	8:00a-11:35a	8:00a-8:50a 10:45a-11:35a	8:00-11:35a	NONE	NONE
GROUP SWIM LESSONS (MUST PRE-REGISTER)	4:00p-7:40p	9:00a-10:50a	4:00p-7:40p	9:00a-10:50a	NONE	9:00a-12:20p	NONE
PRESCHOOL SWIM	NONE	9:00a-10:30a	12:15p-1:00p	9:00a-10:30a	NONE	NONE	NONE
SWIM TEAM	4:15p-6:30p	4:15p-6:30p	4:15p-6:30p	4:15p-6:30p	4:15p-6:30p	NONE	NONE
TEAM RENTALS	CSD 3:30p-4:30p 7:45p-8:45p	CSD 3:30p-4:30p 7:45p-8:45p	CSD 3:30p-4:30p 7:45p-8:45p	CSD 3:30p-4:30p 7:45p-8:45p	NONE	NONE	Special Olympics 3:30p-5:00p
FAMILY/REC SWIM	12:00p-1:30p 2:30p-4:00p	12:00p-4:00p	12:00p-4:00p	12:00p-4:00p	11:45a-7:45p	12:30p-4:45p	12:00p-4:45p

WELCOME TO THE POOL!

- 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

MONTHLY POOL AND SCHEDULE UPDATES

- Our pool is busy all year round. The best time for lap swimming is going to be 5:30a-8:00a and then 12:00p-4:00p
- Children who are part of our Out of School Day Programs will swim in our pool from Mondays 12:30-1:30/2:30-3:30 and Tues-Fri 1:30-3:30.
- Lanes for water exercise classes are determined by the number of participants.
- SWAT Training will be utilizing 3 lanes from 1:30-3:00p on the following days: Feb 4,

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, Masters Swim, Triathlon Training, Pool Parties, 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 15 minutes before facility.
- Swim attire acceptable in our pools include: clothing that is water repellant and lightweight (swim wear

CONTACT US

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Upcoming Weekday Swim Lesson

Session Dates:

JANUARY

Jan 6 - Jan 30

FEBRUARY

Feb 3 - Feb 27

MARCH