



JAN 1-JAN 31 | INDOOR POOL SCHEDULE

MON / WED

Time	Indoor Lap Lanes						Multipurpose Lanes				Zero Entry	Slide	Vortex
	1	2	3	4	5	6	1	2	3	4			
5:00-7:00 AM	Lap Swim						Open Swim		Lap Swim		Closed	Closed	Adults
7:00-1:00PM	Lap Swim						Water Fitness				Open	Closed	Adults
12:00-1:00 PM	Lap Swim						Water Fitness				Swim Lessons-11-11:30		Adults
1:00PM-2:00PM	Lap Swim						Swim Lessons 1:30		Lap**		Open	Closed	Open
4:00-5:00 PM	Lap Swim						Open Swim		Lap Swim **		Open	Open	Open
5:00-7:00 PM	Lap	Swim Team					Swim Lessons (till 7:30pm)				Open	Open	Open
7:00-8:00 PM	Lap Swim			Masters Swim			Water Fitness (till 8:15pm)				Open	Open	Open
8:00-9:30 PM	Lap Swim						Open Swim		Lap Swim		Open	Closed	Adults

TUE / THURS

Time	Indoor Lap Lanes						Multipurpose Lanes				Zero Entry	Slide	Vortex
	1	2	3	4	5	6	1	2	3	4			
5:00-6:00 AM	Lap Swim						Open Swim		Lap Swim		Closed	Closed	Adults
6:00-7:00 AM	Lap Swim	Masters Swim					Open Swim		Lap Swim		Closed	Closed	Adults
7:00-8:00 AM	Lap Swim						Open Swim		Lap Swim		Open	Closed	Adults
8:00-10:00 AM	Lap Swim						Water Fitness				Open	Closed	Adults
10:00-11:00 AM	Lap Swim						Lap	Water Fitness			Open	Closed	Adults
12:00-1:00 PM	Lap Swim						Lap	Water Fitness			Open	Closed	Adults
1:00-4:00 PM	Lap Swim						Lap	Swim Lessons			Open	Closed	Open
4:00-5:30 PM	Lap Swim						Swim Team Prep at 4:30				Open	Open	Open
5:30-7:00 PM	Lap	Swim Team					Swim Team Prep/Water Fitness				Open	Open	Open
7:00-8:00 PM	Lap Swim			Swim Team till 7:30			Water Fitness till 8:15PM				Open	Open	Open
8:00-9:30 PM	Lap Swim						Open Swim		Lap Swim		Open	Closed	Adults

FRI

Time	Indoor Lap Lanes						Multipurpose Lanes				Zero Entry	Slide	Vortex
	1	2	3	4	5	6	1	2	3	4			
5:00-7:00 AM	Lap Swim						Open Swim		Lap Swim		Closed	Closed	Adults
7:00-9:00 AM	Lap Swim						Water Fitness				Open	Closed	Adults
9:00-10:00 AM	Lap Swim			Coach Swim			Water Fitness				Open	Closed	Adults
10:00-1:00 PM	Lap Swim						Water Fitness				Open	Closed	Adults
1:00-8:30 PM	Lap Swim						Open Swim		Lap Swim **		Open	Closed	Open

SAT

Time	Indoor Lap Lanes						Multipurpose Lanes				Zero Entry	Slide	Vortex
	1	2	3	4	5	6	1	2	3	4			
7:30-8:00 AM	Lap	Masters Swim					Open Swim		Lap Swim		Open	Closed	Adults
8:00-10:00 AM	Lap	Masters / Swim Team					Swim Lessons				Swim Lessons		Closed
10:00-12:00 PM	Lap Swim						Swim Lessons				Swim Lessons		Closed
12:00-6:45 PM	Lap Swim						Open Swim		Lap Swim **		Open	Open	Open

SUN

Time	Indoor Lap Lanes						Multipurpose Lanes				Zero Entry	Slide	Vortex
	1	2	3	4	5	6	1	2	3	4			
12:30-3:30 PM	Lap Swim						Open Swim		Lap Swim **		Open	Open	Open
3:30-5:30 PM	Lap Swim	Special Olympics					Open Swim		Lap Swim **		Open	Open	Open
5:30-6:45 PM	Lap Swim						Open Swim		Lap Swim **		Open	Open	Open

**Swim Instructors may reserve lap swim lanes for private lessons at any given time

* SEE PAGE 2 FOR POOL RULES, SWIM ASSESSMENT, AND CLOSURE INFORMATION

IMPORTANT DATES

REGISTER NOW FOR GROUP SWIM LESSONS

SEE THE SALES AND SERVICE DESK FOR MORE INFORMATION

SWIMMING SKILLS ASSESSMENT

The YMCA of Greater Charlotte is committed to providing a safe and enjoyable pool experience for all. All children 12 and under must participate in a swimming skills assessment and will be provided a green, yellow or no swim band. These bands assist our certified lifeguards in keeping our inexperienced swimmers safe.

NON-SWIMMERS (No swim band)

Children who cannot demonstrate the required skills in the list below or children who do not wish to participate in the assessment will be classified as a non-swimmer and will not be given a swim band.

- One adult can be responsible for no more than 2 non-swimmers not wearing lifejackets
- Non-swimmers ages 6-12 years must remain in the designated areas, wear a Coast Guard approved lifejacket and be actively supervised by an adult or be within arm's reach of an adult.
- Non-Swimmers are limited to designated areas (areas vary depending on the Y)

YELLOW / GREEN BAND SWIM ASSESSMENTS

Yellow	Green	Swimmer demonstrates a horizontal floating position on their back for 3-5 seconds.
Step 1		<ul style="list-style-type: none">• Swimmer must then stand up regaining a vertical position on their own
Yellow	Green	Swimmer demonstrates a horizontal floating position on their front for 3-5 seconds.
Step 2		<ul style="list-style-type: none">• Swimmer must then stand up regaining a vertical position on their own.
Yellow	Green	Swimmer demonstrates 15ft. of any forward stroke on their stomach without assistance and without resting.
Step 3		
	Green	Swimmer continues to swim the entire length of the pool (25 yards) unassisted and without resting. Swimmer maintains a horizontal body position.
Step 4		
	Green	Plunge – Swimmer jumps into water that is over their head and easily returns to the surface. Each facility has different pool depths-swimmers may be asked to repeat swim assessment depending on the facility.
Step 5		
	Green	Tread – Swimmer must tread water for one minute while keeping their ears and face above water.
Step 6		

ADULT SUPERVISION

- Children 0-5 years must be accompanied by an adult with in arm's reach at all times.
- Children 5-9 must have active adult supervision on the pool deck at all times.
- Youth 10-12 may use pools without a designated adult if they are a green band swimmer.
- Youth 13 years and older may use the pool without adult supervision.

SAFETY BREAKS

Lifeguards will be calling a safety break every hour between 15 and 10 minutes to the top of each hour. The pool will be cleared of all children. This is a great time for parents to take their children to the bathroom, eat, or just rest.

SEVERE WEATHER

In the event that lightning or thunder is present in our area, the Y requires immediate closure of all indoor and outdoor pools. Pools will remain closed until 30 minutes past the last visible lightning strike or sound of thunder.

CONTAMINATION

In the event of bodily fluid contamination, the pool will be evacuated for cleaning and restoration and may remain closed for an extended period of time.

POOL SAFETY RULES

Please visit ymcacharlotte.org/harris for a copy of our pool rules.

POOL TEMPERATURE

As recommended by the National YMCA and water safety guidelines our lap pool is set to a temperature between 79°-81° and our Multipurpose pool is set between 84°-87°.

SPECIAL NOTE ABOUT THE WATER SLIDES

Please note, the slide will only be available for use when a slide operator is present or a guard is on the slide.

