



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Simmons YMCA

JUNE 2021

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
1 shared/1 single 9:00-11:00AM	1 shared/1 single 9:00-11:00AM	1 shared/1 single 9:00-11:00AM	1 shared/1 single 9:00-11:00AM	1 shared/1 single 9:00-11:00AM
4 shared lanes/ 1 single lane 11:00AM-12PM	3 shared lanes/ 1 single lane 11:00AM-12PM 5:00-6:00PM 1 shared 6:00-7:00PM	4 shared lanes/ 1 single lane 11:00AM-12PM	3 shared lanes/ 1 single lane 11:00AM-12PM 5:00-6:00PM 1 shared 6:00-7:00PM 1 shared/1 single 7:00-7:30PM	4 shared lanes/ 1 single lane 11:00AM-12PM
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 Deep & Shallow Cardio Fitness
10:05-10:55AM Deep & Shallow Cardio Fitness	10:05-10:55AM Water Exercise Light	10:05-10:55AM Deep & Shallow Cardio Fitness	10:05-10:55AM Water Exercise Light	10:05-10:55A Deep & Shallow Cardio Fitness
	11:00-11:40AM Adult Lessons 5:30-7:45PM Swim Lessons 7-7:45pm Deep Water		11:00-11:40AM Adult Lessons 5:30-7:45PM Swim Lessons	

For more information contact:

Bette Miller
Bette.Miller@ymcacharlotte.org
704 716 6697

Saturday Sunday

Reserved Lap Swim	CLOSED
1 shared/ 1 single lane 10:00-11:00am	
3 shared Lanes/ 1 single lane 11:00A-12PM	
4 shared/ 1 single lane 12:00-1:00pm	
Reserved	
10:05-10:55A Water Cardio Fitness Deep	



*Water Park open 10am-1pm & 4-7pm weekdays; 12-5pm Saturday and 1-5pm Sunday
Two Outdoor Swim Lessons Sessions (M-TH) beginning 6/7 & 6/21 11am - 12:45pm

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

Shared Lanes: 2 swimmers start and stop at opposite ends of pool start swim on right.

Shared Lane can be reserved for personal water exercise (11a-12p)

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

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

NEW CLT+ APP available - update your Y APP today

**Water Aerobics limited to 15-24 spots by reservation only on the APP

Check in with the Lifeguard when entering the pool

Locker Rooms are open and Steam and Sauna available in Adult Spaces

No Open Swim Hours at this time. All pool hours are through reservations and registered programs

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

Have you checked into My Y Pricing? You may be paying too much? Stop by the Membership Desk for details.

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