## Keith Family Indoor Pool Schedule

## **Begins January 1st**

***Lar	ne 1 is closest to the Fan	nily Locker rooms.	Lane 6 is close	st to the windov	/S***

Times	Mon/Wed							Tues/Thurs						Friday							Saturday					Sunday				
	L1	_	L3	_	_	L6	L1	_	L3		_	L6	L1	L2	_	L3 L4	L5	L6	L1	_	L3 L4	-	L6	L1	L2			L6		
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7:00 AM																													7:00 AM	
7:30 AM																													7:30 AM	
8:00 AM															Г							_							8:00 AM	
8:30 AM			Open Swim Water Fitness					Open Swim						Open Swim					Water Exercise 8:00 am-9:00 am							8:30 AM				
9:00 AM														Water Fitness 9:00am - 10:00													9:00 AM			
9:30 AM								Water Fitness										Ореі	1						9:30 AM					
10:00 AM				9:00 - 11:00							- 9:3		Open Sw					n			9:0							10:00 AM		
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2:30 PM															10:00am - 5:30pm Swim					0					n Sw	2:30 PM				
3:00 PM															Team 5:30pm -						Open Swim 12pm-5:30pm					12pm	1-5:30	3:00 PM		
3:30 PM															7:30 pm												3:30 PM			
4:00 PM															"reserved for make up swim											4:00 PM				
4:30 PM			Ι,	<b></b>	Swin	_			Open Swim 3:30pm-5:00pm,						lessons if												4:30 PM			
5:00 PM				•	5win 5:00-5										needed"											5:00 PM				
5:30 PM				Group & Private					Group & Private Swim Lessons																			5:30 PM		
6:00 PM				Swim Lessons 4:00pm - 7:30pm				4:00 - 7:30pm																		6:00 PM				
6:30 PM			,				Water Fitness Class 6 - 7pm																		6:30 PM					
7:00 PM				Open Swim 7:30pm-8:30pm					Open Swim 7:30pm-8:30pm																			7:00 PM		
7:30 PM									/:3	upm-	-ช:პ(	νpm																	7:30 PM	
8:00 PM																													8:00 PM	
8:30 PM																										8:30 PM				

LAP SWIM

CLASSES, LESSONS & OPEN SWIM

CLOSED

## **Lap Swim Reservation**

We have moved to a reservation system for booking lap lanes! You can book your lane 22 hours in advance through our YMCA of Greater Charlotte app! Ask our team for more information if needed. \*\*Friday evenings could be reserved for make up swim lessons in the event of a storm during the week. Check our app for updates.

## **Aquatic Information**

The Keith Family YMCA offers several Aquatic Programs ranging from: Swim Lessons, Masters Swim Team, Triathlon Training, Water Fitness, Swim Team, Lifeguard Training, Private Swim Lessons, and more!

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

\*Schedule subject to change, Check app for updates.