



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Simmons YMCA

January 2024


6824 Democracy Drive

704 716 6600

INDOOR POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	For more information contact: Bette Miller Bette.Miller@ymcacharlotte.org 704 716 6697	
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		
4 shared lanes/ 1 single lane 11:00AM-1PM	3 shared lanes/ 1 single lane 11:00AM-1PM	4 shared lanes/ 1 single lane 11:00AM-1PM	3 shared lanes/ 1 single lane 11:00AM-1PM	4 shared lanes/ 1 single lane 11:00AM-1PM		
2shared/1single 4:30-5:30PM	2shared/1single 4:30-6:00PM	2shared/1single 4:30-5:30PM	2shared/1single 4:30-6:00PM			
2 shared 5:30-7:45PM	1 shared lane 6:00-7:00PM	2 shared 5:30-7:45PM	1 shared lane 6:00-7:00PM			
Programs						
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 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 Teams	11:00-11:45AM Swim Lessons	5:30-7:30PM Swim Team	11:00-11:45AM Swim Lessons			
5:30-7:30PM Swim Team	3:00-4:30PM HS Swim Teams		3:00-4:30PM HS Swim Teams			
	5:30-7:45PM Swim Lessons		5:30-7:45PM Swim Lessons			
	7:05-7:50PM Cardio Fitness					

Saturday	Sunday
Reserved Lap Swim	CLOSED
1 shared/ 1 single lane 8:00AM-9AM	
2 shared lanes 9:00A-1:00PM	
8:10-9AM Deep & Shallow Cardio Fitness	
9:00AM-12:45P Open Swim	
10:00A-1:00PM Swim Lessons	



HS Swim Team practices: limited lanes 4-4:30 M, T, TH

****Indoor Pool closed at noon 1/20/24 for Home Swim Meet**

****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 (before 9am & after 11am)

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

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

Open swim times available without a reservation in the open pool area:

2 lanes before 9am; between 11am-1pm Monday - Friday & 2 lanes 4:30-5:30pm Monday - Thursday;

2 lanes 9am - 12:45pm on Saturday

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 lightening 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.