

INDOOR POOL SCHEDULE

September 2021

| | Mon/Wed | | | | | | T | Tues/Thurs | | | | | | | Friday | | | | | | | Saturday | | | | | | | | | 5 | Times | | | | |
|----------|----------------|------|-----------------|-----------|------|----------|-------------|------------|------|--------------|-----------|---|-------------|---|---------------|----------|-----------|----------|----------|---------|-----------|----------------|--------|------------|-----------|----------|----------|---------|---------|----------|----------|---------|---------|----------|---------|----------|
| | L1 L2 L3 L4 L5 | | | 5 16 | ; | | _ | L3 L4 L | | | L6 | 1 | L1 L | | _ | <u> </u> | L5 | LE | 6 | L1 | - | | - | _ | L5 | L6 | L | L | - | - 1 | <u> </u> | L5 | L6 | | | |
| 5:00 AM | | | | | | _ | T | | | | | | | T | | - | | | | | | | | | | | | | | | | | | | | 5:00 AM |
| 5:30 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 5:30 AM | | |
| 6:00 AM | Lon Suim | | | | | I | | | | | Lap Swim | | | | | | | | | | | | | | | | | | | 6:00 AM | | | | | | |
| 6:30 AM | Lap Swim | | | | I | Lap Swim | | | | | | | | | | | | | | | | | | | | | | 6:30 AM | | | | | | | | |
| 7:00 AM | | | | | I | | | | | | | | | | Г | | | | | | | | | | | | | | 7:00 AM | | | | | | | |
| 7:30 AM | | | | | | I | | | | | | | | | | | | | | | 1 | | | | Open Swim | | | | | | | | | 7:30 AM | | |
| 8:00 AM | | | | | | | T | | | | | | | I | | | | | | | Lap Swim | | | Open Swim | | | | | | | | | | 8:00 AM | | |
| 8:15 AM | | | | | | I | | | | | | | | | | | | | | | | | | | | | | | | | | | | 8:15 AM | | |
| 9:00 AM | | | | | | I | | | | | | | | | | | | | | | , | Water Fitness | | | | | | | | | | 9:00 AM | | | | |
| 9:30 AM | Lap Swim | | Water Fitness | | | I | Lap Swim | | Wa | ater Fitness | | | Lap Swim | | Water Fitness | | | | Lap Swim | | | water ritiless | | | | | | | | 9:30 AM | | | | | | |
| 10:00 AM | Swiin | | | | | | I | | | | | | | | | | | | Γ | Surim 1 | | | | | | | | | | | | | | 10:00 AM | | |
| 10:15 AM | | | | | | | I | | | | | | | | | | | | | | | n 1 / | essons | | | Lap | | | | | | | | 10:15 AM | | |
| 11:00 AM | | | | | | | | | | | | | | | | | | | | | | Swim Les | | | :550 | SOIIS La | | | | | | | | | | 11:00 AM |
| 11:30 AM | | | | | | | I | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 11:30 AM |
| 12:00 PM | | | | | | I | | | | Open Swim | | | | | | | | | | | | | | | | | | | | 12:00 PM | | | | | | |
| 12:30 PM | | | | Open Swim | I | | | | | | | | | | | | | | | | | | | | | | 12:30 PM | | | | | | | | | |
| 1:00 PM | | | | | | | | | | | | | | | | | | | | | | Lap Swim | | Open Swim | 1:00 PM | | | | | | | | | | | |
| 1:30 PM | | | | | | I | | | | | | | | | | | | Lap Swim | | | Open Swim | | vim | | m | vim | 1:30 PM | | | | | | | | | |
| 2:00 PM | Lap S | iwim | n | | | I | Lap Swim | | | | | | | | | | | | | | | | | 20p 511111 | | | ••••• | 2:00 PM | | | | | | | | |
| 2:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 2:30 PM | | | | | | |
| 3:00 PM | | | Swim Lessons | | | I | | | Swim | | | | | | | | | | | | | | | | | | | | 3:00 PM | | | | | | | |
| 3:30 PM | | | | | | | | | | Lessons | | | | | | | L | | | | | | | | | | | | | | | 3:30 PM | | | | |
| 4:00 PM | | | | Open Swim | | | | | | | Open Swim | | | | | | | | | | | | | | | | | | | | | 4:00 PM | | | | |
| 4:30 PM | | | | | | | | | - | open sin | | | Lap | | Swi | m | Open Swim | | n | | | | | | | | | | | | | | | 4:30 PM | | |
| 5:00 PM | | | | | | | I | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 5:00 PM |
| 5:15PM | Lap | | Swim Lessons | | | I | Clinics | | | Swim | | | | | | | | | | | | | | | | | | | | | | | 5:15PM | | | |
| 5:30 PM | Swim | S | | | | I | | | .ap | Lessons | | | | | | | | | | | | | | | | | | | 5:30 PM | | | | | | | |
| 6:00 PM | | | | | | I | | | | | | | | | | | | | | | | | | | | | | | | | 6:00 PM | | | | | |
| 6:30 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 6:30 PM | | | |
| 6:45 PM | | | | | | | I | | | | | | I | | | | | | | | | | | | | | | | | | | | | | 6:45 PM | |
| 7:00 PM | | | | | I | Lap Sw | | | | | I | | | | | | | | | | | | | | | | | | | 7:00 PM | | | | | | |
| 7:30 PM | Lap Sv | | m Open Swin | | Swim | | | | n | Open Swim | I | | | | | | | | | | | | | | | | | | | 7:30 PM | | | | | | |
| 7:45 PM | | | | | | • | | | I | | | | | | | | | | | | | | | | | | | | 7:45 PM | | | | | | | |
| 8:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 8:00 PM | | | |
| 8:30 PM | | | | | | | | | | | | L | | | | | | | | | | | | | | | | | | | | | 8:30 PM | | | |
| 9:00 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 9:00 PM |
| 9:15 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 9:15 PM |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | CLO | SED | |

| Lap Swim Etiquette | COVID Lap Swim Process |
|---|--|
| Lap Swim should be an orderly, continuous swim. Swim in a circle at | Lap Lanes must the reserved online or on the |
| about 5-10 seconds apart. Slower swimmers must allow faster | YMCA of Greater Charlotte App. Please share |
| swimmers to pass; wait at the wall until the faster swimmer turns. | with the temp check staff at the branch entrance |
| Staff may have to move lanes to accommodate the pool schedule. | your reservation conformation. Swimmers who |
| Please be patient with the pool availability!! | have reserved lanes with double occupancy |
| Thank you for your understanding and cooperation!! | require swimmers to start on opposite ends of |
| 1 length = 25 yards | the lap lane. Thank you. |

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