



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Simmons YMCA

January 2020

6824 Democracy Drive
704 716 6600

INDOOR POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim 3 Lanes 5:30-8:30AM 11:30A-3:00PM 2 lanes 7:30-8:45PM Lap Swim 2 Lanes 5:30AM-4:00PM 4:30 - 5:30PM 1 lane 5:30-7:30PM 2 lanes 7:30-8:45PM	Open Swim 3 Lanes 5:30-8:30AM 1 lane 10:30A-12:30PM 3 lanes 12:30-3:00PM 8:00-8:45PM Lap Swim 2 Lanes 5:30AM-4:00PM 1 lane 4:30-7:00PM 2 lanes 8:00-8:45PM	Open Swim 3 Lanes 5:30-8:30AM 11:30AM-6:00PM 2 lanes 7:30-8:45PM Lap Swim 2 Lanes 5:30AM-5:30PM 1 lane 5:30-7:30PM 2 lanes 7:30-8:45PM	Open Swim 3 Lanes 5:30-8:30AM 1 lane 10:30A-12:30PM 3 lanes 12:30-3:00PM 8:00-8:45PM Lap Swim 2 Lanes 5:30AM-4:00PM 1 lane 4:30-7:00PM 2 lanes 8:00-8:45PM	Open Swim 3 Lanes 5:30-8:30AM 11:30AM-4:00PM 1 lane 4:00-6:45PM 2 lanes 7:30-7:45PM Lap Swim 2 Lanes 5:30AM-5:30PM 1 lane 5:30-7:45PM	Open Swim 2 lanes 12:00-4:45P Lap Swim 2 Lanes 8:00A-4:45PM	Open Swim 3 Lanes 1:00-4:45PM Lap Swim 3 Lanes 1:00 -4:45PM
8:30 - 9:25AM*	8:30 - 9:25AM*	8:30 - 9:25AM*	8:30 - 9:25AM*	8:30 - 9:25AM*	8:30-9:25*	
Water Cardio	Water Cardio	Water Cardio	Water Cardio	Water Cardio	Water Cardio	
Fitness Shallow	Fitness Shallow	Fitness Shallow	Fitness Shallow	Fitness Shallow	Fitness Deep	
9:35-10:30AM*	9:35-10:30AM*	9:35-10:30AM*	9:35-10:30AM*	9:35-10:30AM*	9:30-10:30am	
Aqua Zumba**	Water Exercise	Water Cardio	Water Exercise	Water Cardio	Surge Swim T	
Fitness Shallow	Light	Fitness Shallow	Light	Fitness Deep		
10:45-11:30AM	10:45A-12:30PM	10:45-11:30AM	10:45A-12:30PM	10:45-11:30AM	10:30a-1:40p	
Water Arthritis	Swim Lessons	Water Arthritis	Swim Lessons	Water Arthritis	Swim Lessons	
Adult	Adult		Adult			
3:15-5:15PM	3:15-5:15PM		3:15-5:15PM	4:00-5:15PM		
HS Swim Teams*	HS Swim Teams*		HS Swim Teams*	HS Swim Teams*		
5:30-7:30PM	5:30-8:00PM	5:30-7:30PM	5:30-8:00PM	5:30-7:30PM	Pool Closes At	Pool Closes at
Rec.Swim Team	Swim Lessons	Rec.Swim Team	Swim Lessons	Rec.Swim Team	4:45PM	4:45PM
6:00-7:30PM	7:05-8:00pm	6:00-7:30PM	7:05-8:00pm	6:00-7:30PM		
Surge Swim Team	Water Cardio	Surge Swim Team	Water Cardio	Surge Swim Team		
	Fitness Deep		Fitness Shallow			

Indoor Pool
closes
15 minutes
prior
to the
facility
closing.



Lap Swim Etiquette

Lap Swim should be an orderly, continuous swim.
Swim in a circle about 5-10 seconds apart.
Slower swimmers must allow faster swimmers to pass.
Staff may have to move lanes to
accommodate the pool schedule.
Please be patient with pool availability.
When people are waiting,
please limit yourself to 30 minutes.
Thank you for your understanding and cooperation.

New Years Eve Hours: 5:30am - 4pm, 9am Water Aerobics Class

New Years Day Hours: 8am - 4pm, NO CLASSES

**Aqua Zumba alternate weeks - check website for detailed schedule

Friday HS Swim Team Practices end 1/10/20, more afternoon lanes available

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

Aquatic Information

The Simmons YMCA offers aquatic programs ranging from: Swim Lessons, Triathlon Training, Pool Parties, Swim Team, Lifeguard Training & more!

*Individual Open Exercise Time 18 and older;

Did you know that you could bring a friend FREE to the YMCA? Only a photo ID is required.

Did you also know, that when your friend joins and puts your name as a reference, YOU get a FREE month?

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.

