



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **2024 Lake Activity Information** **June 1<sup>st</sup> – September 2<sup>nd</sup>**

**Waterfront Recreational Swim:** Waterfront is open to members the following days and times

- **Mondays – Wednesdays – Fridays**

**12:00pm-6:45pm**

12:00p-3:45p Canoes, Kayaks, & Paddleboards

4:00p-4:45p Nautilus

5:00p-5:45p Obstacle Course

6:00p-6:45p Canoes, Kayaks, & Paddleboards

- **Tuesdays – Thursdays**

**12:00pm-3:45pm**

12:00p-3:45p Canoes, Kayaks, & Paddleboards

- **Saturdays – Sundays**

**12:00pm-3:45pm**

12:00p-12:45p Inflatable (On Rotation) / Canoes, Kayaks, & Paddleboards

1:00p-1:45p Inflatable (On Rotation) / Canoes, Kayaks, & Paddleboards

2:00p-2:45p Inflatable (On Rotation) / Canoes, Kayaks, & Paddleboards

3:00p-3:45p Inflatable (On Rotation) / Canoes, Kayaks, & Paddleboards

**Lakefront Holiday Hours:** Memorial Day: 12:00pm-6:45pm

July 4<sup>th</sup>: 12:00pm-6:45pm

Labor Day: 12:00pm-6:45pm

**Check-In:** YMCA Members must check-in at the front desk to receive a wristband.

Non-Members must visit the front desk to receive a wristband, sign waiver, and pay for summer activity day pass.

### **Utilization/Rules:**

- Waterfront Supervisors/Lifeguards will communicate and enforce rules
- Everyone with a wristband may participate in the following activities (subject to age restrictions): Open Swim in swimming area, inflatable features, Canoeing, Kayaking, and Paddleboard
- Swim only in designated areas
- Limit time on watercraft to 30 minutes if there are other participants waiting
- USCG Approved Lifejackets (PFD) required for all children. Lifejackets are available but are limited in number. Please feel free to bring your own as long as they are Coast Guard approved!

**Boat launch during the lakefront operational hours:** The Boat Launch at the Lake Norman YMCA will be available for members (ONLY) to launch personal watercraft (non-motorized) in approved areas.

*\*If you would like a place to launch outside of these hours, Ramsey Creek Park offers public launching\**



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### **General Waterfront Rules and Policies:**

- Open swim only at designated times (see waterfront recreational swim schedule)
- Please check in at the membership desk to receive your access wristband
- All swimmers must wear U.S. Coast Guard-approved lifejackets (PFD)
- For children 13 and younger we encourage you to be swim tested. Those with a yellow band or non-swimmers would need to be within arms reach of a parent or guardian (18 years of age or older)
- Lifeguards are on duty to respond in case of emergency and are to enforce lake safety rules
- Lifeguards reserve the right to stop any activity if they deem the activity unsafe
- Safety Breaks will be at the last 15 minutes of every hour for open swim/features
- If you need help make your way towards the safety boat, lifeguards, or launch area and yell "HELP" to a lifeguard
- If assistance is needed, please find a waterfront supervisor

### **Nautilus**

- Minimum age to be on the Nautilus is 7 years of age
- Must be able to independently climb the slide in order to ride
- No more than 15 swimmers on the Nautilus at one time
- Slide rider must go feet first on their back or sitting
- A parent may not catch their child at the bottom of the slide
- NO SWIMMING AT THE SLIDE EXITS

### **Obstacle Course:**

- No more than 12 people may be on the course at one time
- If you want to jump off the course you must jump facing the beach
- NO SWIMMING AT THE SLIDE EXIT OR ON THE BACK PART OF THE COURSE

### **Canoes, Kayaks & Paddle Boards:**

- You must be 18 years or older in order to take a child younger than 10 in a canoe, kayak, or paddleboard
- Minimum age to be on a paddleboard with an adult is 5. You must be 13 years old to take a paddle board out by yourself
- Minimum age to kayak or canoe with an adult is 2 years old. You must be 10 years or older in order to take a kayak or canoe out by yourself
- You must wear a lifejacket at all times
- Time may be limited to 30 minutes when others are waiting
- No swimming from canoes, kayaks, or paddle boards
- DO NOT tip canoes, kayaks, or paddle boards
- You must stay in approved areas where a lifeguard or safety boat can see you, no matter your age or swimming ability



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### **Corcl:**

- Minimum age to be on the Corcl is 7 years of age
- Weight limit is 225lbs
- Children under the age of 7 years of age may be accompanied by or tethered based on comfort level. \*Please speak to a waterfront supervisor for more information
- You must wear a lifejacket at all times
- No swimming from the Corcl
- Single Person Craft (1 at a time)
- Sit or Kneel Only
- Must remain within cove swimming area – no further than the Nautilus

### **WGWag:**

- Minimum age to be on the WGWag is 10 years of age
- Weight capacity is 75-225lbs
- You must wear a lifejacket at all times
- No swimming from the WGWag
- Single Person Craft (1 at a time)
- Standing Only
- Must remain within cove swimming area – no further than the Nautilus

**\*The Lake Norman YMCA is not responsible for personal injury or damage to personal property while on the public lake. YMCA of Greater Charlotte Rules and North Carolina State Laws must be followed at all times and will be strictly enforced. Use of the YMCA equipment and other activities is prohibited outside of Waterfront Rec Swim hours listed above. Violations can result up to and including immediate ejection from YMCA premises.**

Questions, please contact:

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