



MAR 29 - APR 30 | INDOOR POOL SCHEDULE

MON / WED

| Time | Indoor Lap Lanes | | | | | | Multipurpose Lanes | | | | Zero Entry | Slide | Vortex |
|---------------|--------------------|---|---|---|---|---|-------------------------------|---|---|---|-------------------------|--------|--------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | | | |
| 6:00-12:00 PM | Lap Swim** | | | | | | Water Fitness## | | | | Swim Lessons (10-10:30) | | Adults |
| 12:00-3:00 PM | Lap Swim** | | | | | | Closed (Water Fit- 1:30-2:20) | | | | Closed | Closed | Closed |
| 3:00-6:00PM | Swim Teams/Clinics | | | | | | Swim Lessons/Clinics | | | | Open | Open | Open |

TUE / THURS

| Time | Indoor Lap Lanes | | | | | | Multipurpose Lanes | | | | Zero Entry | Slide | Vortex |
|----------------|--------------------|---|---|---|---|---|----------------------|---|---|---|-------------------------|--------|--------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | | | |
| 10:00-12:00 PM | Lap Swim** | | | | | | Water Fitness## | | | | Swim Lessons (10-10:30) | | Adults |
| 12:00-3:00 PM | Lap Swim** | | | | | | Closed | | | | Closed | Closed | Closed |
| 3:00-6:00PM | Swim Teams/Clinics | | | | | | Swim Lessons/Clinics | | | | Open | Open | Open |

FRI

| Time | Indoor Lap Lanes | | | | | | Multipurpose Lanes | | | | Zero Entry | Slide | Vortex |
|---------------|------------------|---|---|---|---|---|--------------------|-----------|---|---|------------|--------|--------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | | | |
| 10:00-12:00PM | Lap Swim** | | | | | | Water Fitness## | | | | Closed | Closed | Adults |
| 12:00-3:00PM | Lap Swim** | | | | | | Closed | | | | Closed | Closed | Closed |
| 3:00-6:00PM | Lap Swim** | | | | | | Test | Open Swim | | | Open | Open | Open |

SAT

| Time | Indoor Lap Lanes | | | | | | Multipurpose Lanes | | | | Zero Entry | Slide | Vortex |
|---------------|------------------|---|---|---|---|---|--------------------|-----------|---|---|--------------|-------|--------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | | | |
| 9:00-12:00PM | Swim Team | | | | | | Swim Lessons | | | | Swim Lessons | | Closed |
| 12:00-4:00 PM | Lap Swim** | | | | | | Test | Open Swim | | | Open | Open | Open |

SUN

| Time | Indoor Lap Lanes | | | | | | Multipurpose Lanes | | | | Zero Entry | Slide | Vortex |
|------------|------------------|---|---|---|---|---|--------------------|-----------|---|---|------------|-------|--------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 1 | 2 | 3 | 4 | | | |
| 12:00-4:00 | Lap Swim** | | | | | | Test | Open Swim | | | Open | Open | Open |

**Lap Swimming is currently by reservation only. Reservations open 22 hours prior to the reservation time.

Please note, three lanes will be available for single swimmer use only, three lanes will be available as shared swimming space on the reservation system. If you reserve a lane in the shared lane, you may have a second swimmer assigned to the lane with you. Swimmers will start at opposite ends of the pool and swim on only one side of the lane.

##Water Fitness Classes are currently by reservation only. Reservations open 22 hours prior to the class time.

EQUIPMENT RESTRICTIONS

Pool toys, noodles, etc. will not be allowed for open-swim. USCG approved lifejackets are available if needed and are disinfected after each use. The sharing of community equipment is prohibited. Lap swimmers should bring their own equipment to use (kickboards, pull buoys, fins etc).

SWIMMING SKILLS ASSESSMENT

The YMCA of Greater Charlotte is committed to providing a safe and enjoyable pool experience for all. All children 12 and under must participate in a swimming skills assessment and will be provided a green, yellow or no swim band. These bands assist our certified lifeguards in keeping our inexperienced swimmers safe.

NON-SWIMMERS (No swim band)

Children who cannot demonstrate the required skills in the list below or children who do not wish to participate in the assessment will be classified as a non-swimmer and will not be given a swim band.

- One adult can be responsible for no more than 2 non-swimmers not wearing lifejackets
- Non-swimmers ages 6-12 years must remain in the designated areas, wear a Coast Guard approved lifejacket and be actively supervised by an adult or be within arm's reach of an adult.
- Non-Swimmers are limited to designated areas (areas vary depending on the Y)

YELLOW / GREEN BAND SWIM ASSESSMENTS

| | | |
|---------------|-------|---|
| Yellow | Green | Swimmer demonstrates a horizontal floating position on their back for 3-5 seconds. |
| Step 1 | | <ul style="list-style-type: none">• Swimmer must then stand up regaining a vertical position on their own |
| Yellow | Green | Swimmer demonstrates a horizontal floating position on their front for 3-5 seconds. |
| Step 2 | | <ul style="list-style-type: none">• Swimmer must then stand up regaining a vertical position on their own. |
| Yellow | Green | Swimmer demonstrates 15ft. of any forward stroke on their stomach without assistance and without resting. |
| Step 3 | | |
| | Green | Swimmer continues to swim the entire length of the pool (25 yards) unassisted and without resting. Swimmer maintains a horizontal body position. |
| Step 4 | | |
| | Green | Plunge – Swimmer jumps into water that is over their head and easily returns to the surface. Each facility has different pool depths-swimmers may be asked to repeat swim assessment depending on the facility. |
| Step 5 | | |
| | Green | Tread – Swimmer must tread water for one minute while keeping their ears and face above water. |
| Step 6 | | |

ADULT SUPERVISION

- Children 0-5 years must be accompanied by an adult with in arm's reach at all times.
- Children 5-9 must have active adult supervision on the pool deck at all times.
- Youth 10-12 may use pools without a designated adult if they are a green band swimmer.
- Youth 16 years and older may use the pool without adult supervision.

FACE COVERINGS FOR MEMBERS

It is recommended that members wear face coverings as much as possible when not swimming in the pools. Lifeguards in the stands will not wear a face covering and should not engage in conversations with members. Staff will wear face coverings while performing maintenance, on break or walking around the facility.

SEVERE WEATHER

In the event that lightning or thunder is present in our area, the Y requires immediate closure of all indoor and outdoor pools. Pools will remain closed until 30 minutes past the last visible lightning strike or sound of thudner.

CONTAMINATION

In the event of bodily fluid contamination, the pool will be evacuated for cleaning and restoration and may remain closed for an extended period of time.

POOL SAFETY RULES

Please visit ymcacharlotte.org/harris for a copy of our pool rules.

POOL TEMPERATURE

As recommended by the National YMCA and water safety guidelines our lap pool is set to a temperature between 79°-81° and our Multipurpose pool is set between 84°-87°.

