



# LOWE'S Y AQUATICS SCHEDULE

January 2020

Multi-Purpose Pool

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

---

## MONDAY/WEDNESDAY/FRIDAY:

---

Open side of Multi will always be open except for the following times (Water park is always open):

---

**9:00 AM-9:45 AM WATER EXERCISE:**

See Group Ex Schedule

**10:00 AM-10:45 AM WATER EXERCISE**

See Group Ex Schedule

**3:45 PM-9:00 PM Swim Team**

Monday/Wednesday (1 Lane Available)

**4:30 PM-6:00 PM Swim Team**

Friday (2 Lanes Available)

**4:30 PM-8:00 PM Swim Lessons**

(1 Lane Available)

---

---

## TUESDAY/THURSDAY

---

Open side of Multi will always be open except for the following times (Water park is always open):

---

**9:30 AM-10:15 AM WATER EXERCISE:**

See Group Ex Schedule

**3:45 PM-8:15 PM Swim Team**

(1-2 Lanes Available)

**4:30 PM-8:00 PM Swim Lessons (1-2 Lanes**

Available)

---

---

## SATURDAY

---

**MULTI-PURPOSE**

---

**7:30 AM- Swim Team**

**9:30 AM (1-2 Lanes)**

**9:00 AM- Swim Lessons**

**12:30 PM**

---

## SUNDAY

---

No Programming

---

---

**Saturday February 8th the  
pool will close at 2:00 PM for  
a Swim Meet**

---

## WELCOME TO THE POOL!

- Please familiarize yourself with the pool rules before swimming
- The water park side and vortex are always open!
- Our lifeguards are here to keep you safe, please make sure to listen to any of their directions and do not hesitate to ask for help
- Remember, children under 13 must take the swim test, see our rules or ask a lifeguard for more information
- A yellow band and height requirement is required to use the slides. Slides may be closed during operating hours briefly to ensure pool safety

## SLIDE HOURS (With enough Guards):

**Monday-Friday:** Ask a Guard at anytime to see if available

**Saturday:** 10:00 AM-2:30 PM

**Sunday:** 2:00 PM-5:00 PM

## AQUATICS DIRECTOR

Lizzy.Seaquist@YMCACharlotte.org

## SWIM LESSONS

LowesSwimLessons@ymcacharlotte.org



# LOWE'S Y AQUATICS SCHEDULE

January 2020

Lap Pool

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MONDAY/WEDNESDAY/FRIDAY:

All four lanes will be available except for at the following times:

5:30 –6:30 AM Swim Team  
Monday/Wednesday (2 Lanes Available for Lap Swim)

3:00–9:00 PM Swim Team  
Monday/Wednesday (1 Lane Available for Lap Swim)

4:30 PM–6:00 PM Swim Team  
Friday (1 Lane Available for Lap Swim)

## TUESDAY/THURSDAY

All four lanes will be available except for at the following times:

3:45 PM–9:00 PM Swim Team  
(1 Lane Available for Lap Swim)

## SATURDAY

All four lanes will be available except for at the following times:

9:30 AM– Masters Swim  
11:00 AM 1 Lane Available for Lap Swim  
(Practice open to all)

## SUNDAY

All four lanes will be available except for at the following times:

1:00 PM– Masters Swim  
2:30 PM 1 Lane Available for Lap Swim  
(Practice Open to All)

**Saturday February 8th the pool will close at 2:0 PM for a Swim Meet**

## WELCOME TO THE POOL!

- The lane next to the window will always be for lap swim this month
- Please familiarize yourself with the pool rules before swimming
- Our lifeguards are here to keep you safe, please make sure to listen to any of their directions and do not hesitate to ask for help
- Sharing is caring: During busy times, swimmers will need to share lanes. With two to a lane, please split the lane. With three or more to a lane, please circle swim. Ask the lifeguards for help if needed

## AQUATICS DIRECTOR

Lizzy Seaquist  
Lizzy.Seaquist@YMCACharlotte.org

## SWIM TEAM

Coach Tammie  
coachtammie@gmail.com

## JOIN OUR STAFF TEAM!

We are hiring Lifeguards and Swim Instructors to be a part of our Aquatic's team. Training provided free of cost.  
Email Lizzy.Seaquist@YMCACharlotte.org for more information.