

POOL SCHEDULE



July 2024

Cool Pool

Time:		Monday	Tuesday	Wednesday	Thursday	Friday	Time:		Saturday	Sunday
5 AM	6AM	Open	Open	Open	Open	Open				
6AM	7AM	Open	Open: 2-3 lanes reserved for Group Exercise	Open	Open	Open	7 AM	8 AM	Open	
7 AM	9:45AM	Open	Open	Open	Open	Open	8 AM	12 PM	Open	
10 AM	11 AM	Open	Closed: Group Exercise	Open	Open	Open: 2-3 lanes reserved for Group Exercise	12 PM	1 PM	Open	Open
11:15 AM	12:15PM	Open	Open	Closed: Group Exercise	Open	Open	1 PM	2 PM	Open	Open
12:30PM	1:30PM	Open	Open	Open	Open	Open	2 PM	3:30 PM	Open	Open
1:45 PM	2:45 PM	Open	Open	Open	Open	Open	3:30PM	5 PM		Open
3 PM	5 PM	Open	Open	Open	Open	Open				
5 PM	6 PM	Open	Open	Open	Open	Open	RESERVATIONS REQUIRED Reservations are required and available on the YCLT+ App or on our website (ymcacharlotte.org). All cool pool reservations are shared lanes, while the warm pool has a single lane option. Please note that if specific time blocks are not reservable online then it will be in line with our staffing ratios and/or Holiday schedule.			
6 PM	7 PM	Masters Swim Team	Closed 7:30PM - 8:30PM Tri It for Life Practice	Masters Swim Team	Closed 7:30PM - 8:30PM Tri It for Life Practice	Open				
7 PM	8 PM	Masters Swim Team		Masters Swim Team		Open				
8 PM	9 PM	Open	Open	Open	Open					

Warm Pool

Time:		Monday	Tuesday	Wednesday	Thursday	Friday	Time:		Saturday	Sunday
5:15AM	7:30 AM	Open	Open	Open	Open	Open				
7:30 AM	8:30 AM	Open	Open	Open	Open	Open	8 AM	9 AM	Open: 3 lanes reserved for Group Exercise	
8:30 AM	9:30 AM	Open: 2-3 lanes reserved for Group Exercise	Open	Open	Open: 2-3 lanes reserved for Group Exercise	Open: 2-3 lanes reserved for Group Exercise	9 AM	12 PM	Open: 2-3 lanes reserved for Swim Lessons	
9:45 AM	10:45 AM	Open	Open	Open	Open	Closed - Swim Lessons	12 PM	1 PM	Open: 2-3 lanes reserved for Swim Lessons	Open
11:00 AM	12:00 PM	Open	Open	Open	Open	Closed - Swim Lessons	1 PM	3:30 PM	Open: 2-3 lanes reserved for Swim Lessons	Open
12:15 PM	1:15PM	Open	Open	Open	Open	Closed - Swim Lessons	3:30 PM	5 PM		Open
1:30PM	2:30PM	Open	Open	Open	Open	Open				
2:45AM	3:45PM	Open	Open	Open	Open	Open	POOL RESERVATIONS: 30 minute lap swim reservations are available during each time block. To reserve your spot, please visit our app or website. Walk-ins are welcome, but encouraged to call ahead or check with a lifeguard before jumping in the pool. If lanes are closed online it will be to maintain compliance within our lifeguard ratios and requirements. During pool break times, the pool will be cleared completely for 15 minutes.			
4PM	6PM	Open	Open	Open	Open	Open				
6 PM	7PM	Open	Open	Open	Open	Open				
7PM	8PM	Open	Closed - Tri It for Life Practice	Open	Closed - Tri It for Life Practice	Open till 7:30pm				
8PM	9PM	Open	Open	Open	Open					