



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

Spring 2021

	Mon/Wed						Tues/Thurs						Friday						Saturday						Sunday						Times
	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6	
5:00 AM	Lap Swim						Lap Swim						Lap Swim												5:00 AM						
5:30 AM	Lap Swim						Lap Swim						Lap Swim												5:30 AM						
6:00 AM	Lane Occupancy:						Lane Occupancy:						Lane Occupancy:												6:00 AM						
6:30 AM	Lanes 1&6 Single (S)						Lanes 1&6 Single (S)						Lanes 1&6 Single (S)												6:30 AM						
7:00 AM	Lanes 2-5 Double (D)						Lanes 2-5 Double (D)						Lanes 2-5 Double (D)						Lap Swim						7:00 AM						
7:30 AM	Lap Swim						Lap Swim						Lap Swim						Lane Occupancy:						7:30 AM						
8:00 AM	Lap Swim						Lap Swim						Lap Swim						Lanes 1&6 Single (S)						8:00 AM						
8:15 AM	Lap Swim						Lap Swim						Lap Swim						Lanes 2-5 Double (D)						8:15 AM						
9:00 AM	Water Fitness						Lap Swim						Water Fitness						Lap Swim						9:00 AM						
9:30 AM	Water Fitness						Lap Swim						Water Fitness						Lap Swim						9:30 AM						
10:00 AM	Water Fitness						L5=D						Water Fitness						L5=D						10:00 AM						
10:15 AM	Water Fitness						L6=S						Water Fitness						L6=S						10:15 AM						
11:00 AM	Water Fitness						Lap Swim						Water Fitness						Lap Swim						11:00 AM						
11:30 AM	Water Fitness						L5=D						Water Fitness						L5=D						11:30 AM						
12:00 PM	Water Fitness						L6=S						Water Fitness						L6=S						12:00 PM						
12:30 PM	Water Fitness						Lap Swim						Water Fitness						Lap Swim						12:30 PM						
1:00 PM	Water Fitness						Lap Swim						Water Fitness						Lap Swim						1:00 PM						
1:30 PM	Water Fitness						Lap Swim						Water Fitness						Lap Swim						1:30 PM						
2:00 PM	Water Fitness						Lap Swim						Water Fitness						Lap Swim						2:00 PM						
2:30 PM	Water Fitness						Lap Swim						Water Fitness						Lap Swim						2:30 PM						
3:00 PM	Water Fitness						Lap Swim						Water Fitness						Lap Swim						3:00 PM						
3:30 PM	Water Fitness						Lap Swim						Water Fitness						Lap Swim						3:30 PM						
4:00 PM	Water Fitness						Lap Swim						Water Fitness						Lap Swim						4:00 PM						
4:30 PM	Water Fitness						Lap Swim						Water Fitness						Lap Swim						4:30 PM						
5:00 PM	Water Fitness						Lap Swim						Water Fitness						Lap Swim						5:00 PM						
5:15 PM	Water Fitness						Lap Swim						Water Fitness						Lap Swim						5:15 PM						
5:30 PM	Water Fitness						Lap Swim						Water Fitness						Lap Swim						5:30 PM						
6:00 PM	Water Fitness						Lap Swim						Water Fitness						Lap Swim						6:00 PM						
6:30 PM	Water Fitness						Lap Swim						Water Fitness						Lap Swim						6:30 PM						
6:45 PM	Water Fitness						Lap Swim						Water Fitness						Lap Swim						6:45 PM						
7:00 PM	Water Fitness						Lap Swim						Water Fitness						Lap Swim						7:00 PM						
7:30 PM	Water Fitness						Lap Swim						Water Fitness						Lap Swim						7:30 PM						
7:45 PM	Water Fitness						Lap Swim						Water Fitness						Lap Swim						7:45 PM						
8:00 PM	Water Fitness						Lap Swim						Water Fitness						Lap Swim						8:00 PM						
8:30 PM	Water Fitness						Lap Swim						Water Fitness						Lap Swim						8:30 PM						
9:00 PM	Water Fitness						Lap Swim						Water Fitness						Lap Swim						9:00 PM						
9:15 PM	Water Fitness						Lap Swim						Water Fitness						Lap Swim						9:15 PM						

■ CLOSED

Lap Swim Etiquette

Lap Swim should be an orderly, continuous swim. Swim in a circle at about 5-10 seconds apart. Slower swimmers must allow faster swimmers to pass; wait at the wall until the faster swimmer turns. Staff may have to move lanes to accommodate the pool schedule. Please be patient with the pool availability!! Thank you for your understanding and cooperation!!
1 length = 25 yards

COVID Lap Swim Process

Lap Lanes must be reserved online or on the YMCA of Greater Charlotte App. Please share with the temp check staff at the branch entrance your reservation confirmation. Swimmers who have reserved lanes with double occupancy require swimmers to start on opposite ends of the lap lane. Thank you.

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

*Schedule subject to change.