



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Simmons YMCA

April 2021

6824 Democracy Drive
704 716 6600

INDOOR POOL SCHEDULE

Monday Tuesday Wednesday Thursday Friday

| Reserved Lap Swim | Reserved Lap Swim | Reserved Lap Swim | Reserved Lap Swim | Reserved Lap Swim |
|--|--|--|--|--|
| 1 shared/1 single 9:00-11:00AM | 1 shared/1 single 9:00-11:00AM | 1 shared/1 single 9:00-11:00AM | 1 shared/1 single 9:00-11:00AM | 1 shared/1 single 9:00-11:00AM |
| 4 shared lanes/ 1 single lane 11:00AM-12PM | 4 shared lanes/ 1 single lane 11:00AM-12PM | 4 shared lanes/ 1 single lane 11:00AM-12PM | 4 shared lanes/ 1 single lane 11:00AM-12PM | 4 shared lanes/ 1 single lane 11:00AM-12PM |
| 4 share lanes/ 1 single lane 5:00-6:00PM | 5:00-6:00PM 2 shared lanes/ 1 single lane 6:00-7:00PM | 4 share lanes/ 1 single lane 5:00-6:00PM | 5:00-6:00PM 2 shared lanes/ 1 single lane 6:00-7:00PM | |
| 7:00-7:30PM | 7:00-7:30PM | 7:00-7:30PM | 7:00-7:30PM | |
| Reserved 9:05-9:55AM Deep & Shallow Cardio Fitness | 1 shared/1 single 7:00-7:30PM Reserved 9:05-9:55AM Deep & Shallow Cardio Fitness | Reserved 9:05-9:55AM Deep & Shallow Cardio Fitness | 3 shared/1 single 7:00-7:30PM Reserved 9:05-9:55AM Deep & Shallow Cardio Fitness | Reserved 9:05-9:55AM Deep & Shallow Cardio Fitness |
| 10:05-10:55AM Deep & Shallow Cardio Fitness | 10:05-10:55AM Water Exercise Light | 10:05-10:55AM Deep & Shallow Cardio Fitness | 10:05-10:55AM Water Exercise Light | 10:05-10:55A Deep & Shallow Cardio Fitness |
| 6 Lanes 6:00-7:00PM Swim Clinic | 11:00-11:40AM Adult Lessons | 6 Lanes 6:00-7:00PM Swim Teams | 11:00-11:40AM Adult Lessons | |
| 4 Lanes 7:00-8:00PM RYPE SWIM | 5:30-7:45PM Swim Lessons 7-7:45pm Deep Water | | 5:30-7:45PM Swim Lessons | |

For more information contact:

Bette Miller
Bette.Miller@ymcacharlotte.org
704 716 6697

Saturday Sunday

| Reserved Lap Swim | CLOSED |
|---|--------|
| 1 shared/ 1 single lane 10:00-11:00am | |
| 3 shared Lanes/ 1 single lane 11:00A-12PM | |
| 4 shared/ 1 single lane 12:00-1:00pm | |
| 1 shared/ 1 single lane 1:00pm-3:30pm | |
| Reserved 10:05-10:55A Water Cardio Fitness Deep 1:00pm-3:45pm Family Open Swim | |



Saturday Open Swim no Reservation required (22 max capacity)

**Lap Swimming is by Reservation only in 30 min. time slots.

Shared Lanes: 2 swimmers start and stop at opposite ends of pool start swim on right.

Shared Lane can be reserved for personal water exercise (11a-12p, 5-6p & 7p daily)

Single Lane: 1 swimmer or members of the same household.

**Use the Y APP to reserve your time slot. Reservations begin 22 hours prior.

****Water Aerobics limited to 16-20 spots by reservation only on the APP**

Masks must be worn to enter the building and on the Pool Deck

Maintain Social Distance between all participants and staff

Limited Locker Room Use so please come prepared to Swim and enter at Main Hallway

No Open Swim Hours at this time. All pool hours are through reservations and registered programs

* No Swim Lessons or Swim Clinic Spring Break Week 4/3- 4/9

YMCA Thunder & Lightning Policy: When thunder is heard and/or lightning is seen all pools and deck area are immediately cleared. Pools remain closed for 30 min. following last occurrence

Have you checked into My Y Pricing? You may be paying too much? Stop by the Membership Desk for details.

To put Christian Principles into practice through programs that build healthy spirit, mind and body for all.