



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Simmons YMCA

November 2024

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	Saturday	Sunday
4shared/1single 7:00-9:00am	4shared/1single 8:00-9:00am	4shared/1single 7:00-9:00am	4shared/1single 8:00-9:00am	4shared/1single 7:00-9:00am	Reserved Lap Swim 1 shared/ 1 single lane 8:00AM-9AM 1shared/ 1 single lane 9:00A-1:00PM 8:10-9AM Deep & Shallow Cardio Fitness 9:00AM-12:45P Open Swim *10:00A-1:00P Swim Lessons	CLOSED
1shared/1single 9:00-11:00AM	1shared/1single 9:00-11:00AM	1shared/1single 9:00-11:00AM	1shared/1single 9:00-11:00AM	1shared/1single 9:00-11:00AM		
3 shared lanes/ 1 single lane 11:00AM-1PM	2 shared lanes/ 1 single lane 11:00AM-1PM	3 shared lanes/ 1 single lane 11:00AM-1PM	2 shared lanes/ 1 single lane 11:00AM-1PM	3 shared lanes/ 1 single lane 11:00AM-1PM		
2shared/1single 4:00-5:30PM	2shared/1single 4:00-6:00PM	2shared/1single 4:00-5:30PM	2shared/1single 4:00-6:00PM	2 shared/ 1 single lane 1PM-8PM		
1 shared 5:30-7:30PM		1 shared 5:30-7:30PM	3shared/1single 7:00-7:45PM			
Programs	Programs	Programs	Programs	Programs		
9:05-9:55AM Deep & Shallow Cardio Fitness	9:05-9:55AM Deep & Shallow Cardio Fitness	9:05-9:55AM Deep & Shallow Cardio Fitness	9:05-9:55AM Deep & Shallow Cardio Fitness	9:05-9:55AM Shallow Extreme Cardio Fitness		
10:05-10:55AM Deep & Shallow Cardio Fitness	10:05-10:55AM Water Exercise 11:00-11:45AM	10:05-10:55AM Deep & Shallow Cardio Fitness	10:05-10:55AM Water Exercise 11:00-11:45AM	10:05-10:55AM Deep & Shallow Cardio Fitness		
*3:00-4:30PM HS Swim Team	Swim Lessons *3:00-4:30PM	5:30-7:30PM Swim Team	Swim Lessons *3:00-4:30PM			
5:30-7:30PM Swim Team	HS Swim Team 5:30-7:45PM		HS Swim Team 5:30-7:45PM			
	Swim Lessons 7:05-7:50PM Cardio Fitness		Swim Lessons			



Open swim times available without a reservation in the open pool area:
2 lanes before 9am; between 11am-1pm Monday - Friday & 1-2 lanes 4-5:30pm Monday - Thursday;
Open Family Swim 3 lanes Friday 1-8PM; 2 lanes 9am - 12:45pm on Saturday

* Make up Swim Lesson 1 1/2 only

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

Shared Lanes: 2 swimmers

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

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

November Holiday Hours:

Wednesday 11/27 closing at 2pm; Closed Thursday 11/28; Late opening Friday 11/29 @ 8am

Locker Rooms are open and Steam and Sauna available in Adult Spaces (18 & older only)

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

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