



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# INDOOR POOL SCHEDULE

HARRIS YMCA

## Indoor Zero-Depth Play Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 12:30-6:45pm	5-9am Open 9:00-11:30am Swim Lessons 11:30AM-9PM Open	5-9am Open 9:00-11:30am Swim Lessons 11:30am-9pm Open	5-9am Open 9:00-11:30am Swim Lessons 11:30am-9pm Open	5-9am Open 9:00-11:30am Swim Lessons 11:30am-9pm Open	Open 5am-8:30pm	7:30-9am Open 9am-12pm Swim Lessons 12-6:45pm Open

## Indoor Multi-Purpose Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Lanes Open 12:30-6:45pm	2 Lanes Open 2 Lanes Lap 5-6:55am	2 Lanes Open 2 Lanes Lap 5-7:55am	2 Lanes Open 2 Lanes Lap 5-6:55am	2 Lanes Open 2 Lanes Lap 5-7:55am	2 Lanes Open 2 Lanes Lap 5-7:55am	2 Lanes Lap Swim 7:30-8am
1 Lane Lap Swim 12:30-6:45pm	Water Cardio Fitness -Deep 7-8am  Water Stretch 8-9am  Water Cardio Fitness -Deep 8-9am  Water Cardio Fitness -Shallow 9-10am  Water Cardio Fitness Light 10-11am  Water Cardio Fitness -Shallow 11am-12pm  Water Arthritis 12-1pm	Water Cardio Fitness -Deep 8-9am	Water Cardio Fitness -Deep 7-8am  Water Stretch 8-9am  Water Cardio Fitness -Deep 8-9am  Water Cardio Fitness -Shallow 9-10am  Water Cardio Fitness Light 10-11am  Water Cardio Fitness -Shallow 11am-12pm  Water Arthritis 12-1pm	Water Cardio Fitness -Deep 8-9am  Aqua Zumba 9-10am	Water Stretch 8-9am  Water Cardio Fitness -Deep 8-9am  Water Cardio Fitness -Shallow 9-10am  Water Cardio Fitness Light 10-11am  Water Cardio Fitness -Shallow 11am-12pm  Water Arthritis 12-1pm	8am-12pm Swim Lessons
	2 Lanes Open 2 Lanes Lap 1-3:10pm	2 Lanes Swim Lessons 2 Lanes Lap 9-11:30am	2 Lanes Open 2 Lanes Lap 1-3:10pm	2 Lanes Swim Lessons 2 Lanes Lap 10-11:30am	2 Lanes Open 2 Lanes Lap 1-8:30pm	3 Lanes Open 12-6:45pm
	Swim Team /Swim Lessons 3:15-7pm	Water Exercise Introduction 11:30am-12:30pm	Swim Team /Swim Lessons 3:15-7pm	Water Exercise Introduction 11:30am-12:30pm		1 Lane Lap Swim 12-6:45pm
	Water Fitness 7-8pm	2 Lanes Open 2 Lanes Lap 12:30-3:25pm	Water Fitness 7-8pm	2 Lanes Open 2 Lanes Lap 12:30-3:25pm		
	2 Lanes Open 2 Lanes Lap 8-9pm	Swim Team/Lessons 3:30-7:15pm  Aqua Zumba 7:30-8:30pm	2 Lanes Open 2 Lanes Lap 8-9pm	Swim Team/Lessons 3:30-7:15pm  Water Cardio Fitness Shallow /Deep 7:15-8:15pm		
		2 Lanes Open 2 Lanes Lap 8:30-9pm		2 Lanes Open 2 Lanes Lap 8:15-9pm		

## Indoor Lap Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 Lanes Lap 12:30-6:45pm	6 Lanes Lap 5am-2:45pm	6 Lanes Lap 5-6am	6 Lanes Lap 5am-6:15pm	6 Lanes Lap 5-6am	6 Lanes Lap 5-9am	5 Lanes Masters 1 Lane Lap 7:30-9am
		4 Lanes Masters 2 Lanes Lap 6-7am	3 Lanes Water Athletic Conditioning 3 Lanes Lap 9:45-10:45am	4 Lanes Masters 2 Lanes Lap 6-7am	3 Lanes Coached Swim 3 Lanes Lap 9-10am	6 Lanes Lap 9am-6:45pm
		6 Lanes Lap 7am-2:45pm	6 Lanes Lap 10:45am-2:45pm	6 Lanes Lap 7am-2:45pm	6 Lanes Lap 10am-2:45pm	
	3 Lanes High School Swim 3 Lanes Lap 2:45-4pm	3 Lanes High School Swim 3 Lanes Lap 2:45-4pm	3 Lanes High School Swim 3 Lanes Lap 2:45-4pm	3 Lanes High School Swim 3 Lanes Lap 2:45-4pm	3 Lanes High School Swim 3 Lanes Lap 2:45-4pm	
	2 Lanes Swim Team 4 Lanes Lap 4:30-7:30pm	6 Lanes Lap 4-5:25pm	4 Lanes Swim Team 2 Lanes Lap 6:15-7:30pm	6 Lanes Lap 4-5:25pm		
	6 Lanes Lap 7:30-9:30pm	5 Lanes Swim Team 1 Lane Lap 5:30-7:30pm	6 Lanes Lap 7:30-9:30pm	5 Lanes Swim Team 1 Lane Lap 5:30-7:30pm	6 Lanes Lap 10am-8:30pm	
		6 Lanes Lap 7:30-9:30pm		6 Lanes Lap 7:30-9:30pm		
				3 Lanes Triathlon Training 3 Lanes Lap 6:30-8:00pm		

### Lap Swimming Etiquette

1. Please circle swim in order to allow multiple swimmers to use the same lane.
2. Notify all swimmers in a lane of your presence before entering the water.
3. Choose a lane based on your swimming ability (Slow/Medium/Fast)
4. If you need to rest in between laps, please do so at the extreme corner of the lane.
5. Water jogging in lanes is only permitted when there are not multiple swimmers present.
6. Please follow the lifeguard's direction. We may need to move lanes in order to accommodate our schedule.

### Age Requirements

1. 0 to 9 years of age must have a parent/adult Guardian with them in the Aquatics Facility.
2. 10 to 12 years of age may use pools without a guardian IF they are a green band swimmer.
3. 13+ year olds may use the pools without a parent/guardian, even if they are not a green band swimmer.

### Pool Rules & Courtesies

1. Any Prolonged and/or repeated breath holding activities are strictly prohibited.
2. Absolutely NO DIVING of any type is allowed in the indoor pools. This includes recreational and competitive "racing" diving.
3. Showers must be taken before entering the pool.
4. Bathing suits are required. No gym shorts, cut-offs or street cloths are allowed.
5. No running or horseplay at anytime in or around the pool area.
6. Non-swimmers or children with flotation devices must be kept within arms reach of an adult at all times.
7. Inflatable devices are not permitted - i.e. no rafts, no water wings.
8. Kickboards, flotation belts and other instructional flotation devices are for swim classes and lap swimmers only.
9. Food and drink are allowed only in the designated snack area (*The Pool Cove*).
10. NO glass items are permitted anywhere in or around the pool area.
11. Young swimmers who are not toilet trained must wear appropriate swim diapers with elastic pants.

**Severe Weather:** The YMCA requires immediate closure of all pools – indoor and outdoor – in the event that lightening or thunder is present in or around the area. Pools will remain closed until 30 minutes past the last visible lightening strike or episode of thunder.

**Contamination:** In the event of bodily fluid contamination of the swimming pool, that pool will be evacuated and the appropriate measures taken. This type of event may cause a pool to remain closed up to 6 hours. In this event we will move scheduled programs and activities to the remaining pools.

### HARRIS YMCA

5900 Quail Hollow Road, Charlotte, NC 28210 | P 704 716 6800 | F 704 716 6801 | **Aquatics Hotline** 704 716 6877

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